

MRS. HAINES
COOK
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Helpful Hints FOR Housewives

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Paper Cover Binding . 1.00

===== BY =====
MRS. MARY LEWIS HAINES

TX 715
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1915

*This Book
Is Affectionately Dedicated
to
Friends and Pupils
by
The Author*

#125

NOV 22 1915

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no. 11

PREFACE

I have published this second edition of my book at the urgent demand of many pupils and friends. That it may be to others, as it has been to them, an inspiration to conquer new fields of cooking is my earnest desire.

The recipes in the main are designed for the use of the inexperienced housewife who needs smaller portions than are treated of in many more pretentious books than mine.

The more mature housewife with the larger family will have acquired the skill which will enable her to enlarge upon these recipes to meet the needs of her family.

A CAREFUL STUDY OF THE CHAPTERS DEVOTED TO ENTREES AND LEFT OVERS WILL SHOW THE WAY TO AN ECONOMICAL USE OF MANY ARTICLES ORDINARILY CONSIDERED VALUELESS. Thus a few teaspoonsful of one vegetable, added to some left over, will often give a new combination both appetizing and nutritious.

I have demonstrated every recipe in this book and feel sure that by carefully following directions given, the beginner in cooking may fearlessly enter upon the fascinating study of the art of cooking. An art which, the more it is studied, the more interesting it becomes.

With grateful recognition of the many friends who have given their choicest recipes, and with them kindly words of encouragement, which have inspired me to new efforts,

I am cordially,

MARY LEWIS HAINES.

November 1, 1915.

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CHAPTER I

Eggs and Hot Breakfast Beverages.

RECIPE 1. BOILED COFFEE.

Allow one heaping tablespoon medium ground coffee for each person, then add one more tablespoon "for the pot." For each spoonful of coffee allow one cup cold water. Some persons add a pinch of salt to coffee. Well washed eggshells are used to clear coffee as it cooks. When strict economy of eggs is not needed an egg can be thoroughly stirred up with the dry coffee, after it is measured. Then put this coffee and egg into a granite coffee pot, add the cold water, stir well, and let it come very slowly to boiling point. The slower it is in cooking the better coffee will be. Do not let it cook more than a minute after it boils. Then add a quarter of a cup of cold water to coffee and set it back to let grounds settle for a few minutes. Cold water is heavier than coffee and carries the grounds to the bottom of pot. Sometimes there are grounds in spout of coffee pot, so it is wise to pour out a cup first, then pour it back into pot. Serve very hot.

RECIPE 2. PERCOLATED COFFEE.

This method requires no boiling and is preferred by many. Coffee must be ground finer than for boiled coffee. The cold water is placed in the bottom of the pot, the coffee in a receptacle prepared for it. It is then allowed to come slowly to the boil and as it does so it rises through a small tube and falls back over and thereby gradually draws the strength from the coffee. One tablespoon coffee and one cup of cold water is allowed for each person just as in making boiled coffee. No egg is required by this method.

RECIPE 3. BLACK COFFEE.

Allow two tablespoons coffee for each cup water, make in same way as for boiled coffee or percolated coffee.

RECIPE 4. CAFE AU LAIT.

Use milk instead of water in making the coffee, which must be made by the boiled coffee method.

RECIPE 5. COCOA.

For each cup of cocoa allow one teaspoon grated cocoa. Wet the cocoa with a little water or milk. Allow one cup milk or water for each cup of cocoa. Put the liquid on to boil, add the moistened cocoa, stir in smoothly, let come to boil. Serve at once. Milk makes the nicest cocoa.

RECIPE 6. CHOCOLATE.

Allow one teaspoon melted chocolate or grated chocolate for each cup of milk. Follow directions for making cocoa. Whipped cream served with chocolate makes a very delightful addition and is very nutritious.

RECIPE 7. TEA.

Allow one generous pinch of tea for each person, and one cup boiling water. Scald teapot, pour out water, add tea, cover with freshly boiled water. Let stand only a moment or two. Serve hot. If desired, one or two whole cloves or a slice of lemon may be put in the tea-cup before pouring the tea. In this case do not serve cream with it.

RECIPE 8. ICED TEA.

Make a nice infusion of tea, let stand a few minutes, then pour off the grounds and set away to get cold. If hot tea is used allow plenty of ice to chill. Lemon juice, pineapple juice, mint leaves are all pleasant additions to iced tea.

RECIPE 9. ICED COFFEE.

Iced coffee is made in the regular way, then chilled and served usually with cream and sugar.

Eggs.

RECIPE 10. BOILED EGGS.

Put required number of eggs into a saucepan of cold water. Let them come to the boil. The length of time will be determined by altitude somewhat, for instance, in Colorado it takes much longer to boil eggs than in lower altitudes.

RECIPE 11. FRIED EGGS.

Bacon or ham drippings make an ideal fat to fry eggs. Break required number of eggs gently into hot fat, let cook until desired consistency.

RECIPE 12. FRIED EGGS COUNTRY STYLE.

Put ham or bacon into frying pan, break eggs over it, cook until desired consistency.

RECIPE 13. POACHED EGGS.

Poached eggs are a most delicate way of serving eggs. It takes a perfectly fresh egg to poach well. Have a frying pan two-thirds full of boiling salted water, allowing one-half teaspoon salt to a pint of water. Break eggs, one at a time, into a saucer and slip them gently into the water, which must be kept at boiling heat, but not bubbling. A regular poaching vessel is nice, or round muffin rings can be used. If cooked in water in pan, allow them to cook until a white film shows over the top. It is best to pour a little of the hot water from pan over them to hasten cooking process, if you like eggs soft. Time of cooking depends upon whether eggs are to be cooked soft, medium or well done. When cooked, have ready some circular pieces of toasted bread, place an egg on each round, put a small bit of butter on each egg and a dash of paprika. Serve hot.

Eggs can be poached in left-over chicken gravy, served on toast covered with chicken gravy. A little minced parsley can be added for a change, or a pimiento or a green pepper minced and placed on top of each egg. Eggs poached in a No. 1 White Sauce are very nice. Serve on toast, pour white sauce over them.

Poached eggs with mushrooms are made as follows: Poach eggs, place on rounds of toast, cover with a brown mushroom sauce, and place a sauted mushroom on top of each egg.

RECIPE 14. EGGS GERMAN STYLE.

Bake a sufficient number of medium-sized potatoes until tender and mealy. Cut a slice from the side of each one and gently remove contents. Mash potato pulp, season to taste and add enough milk or cream so that pulp is softened, beat smooth. Return mixture to potato shells and make a hollow in each one, into which break an egg, season it with salt, pepper and paprika and place back into oven and bake until egg has set. Have a cup of hot White Sauce No. 1, stir into it two tablespoons grated cheese. Serve in a sauceboat.

RECIPE 15. SCRAMBLED EGGS.

Put a tablespoon or two of fat into an omelette pan, melt it, put into it the required number of eggs, let cook for a minute, then thoroughly stir the eggs through the fat and season to taste. Cook until done to suit taste. Serve at once very hot.

RECIPE 16. SCRAMBLED EGGS NO. 2.

Allow about one tablespoon milk or water for each egg. Beat eggs slightly, add milk, season to taste. Heat an omelette pan, add sufficient butter (ham or bacon fat is nice), let heat a minute, pour in the eggs, stir constantly from the bottom of the pan until done. Serve on toast if desired. Scrambled eggs can have minced cold boiled ham, parsley, pimientos, green peppers, tomatoes or cooked onions added to them while cooking.

RECIPE 17. SHIRRED EGGS.

Eggs can be shirred in a saucer, custard cup or any flat little dish, but there are little pans called "shirrers," which come for that purpose. Add a small lump of butter, let it melt, turn in egg, let it bake until set. Season to taste. A few buttered bread crumbs can be scattered over the eggs before placing them in the oven if desired.

RECIPE 18. PLANKED EGGS.

Make a No. 1 White Sauce and into it put any left-over meat or fish cut into inch pieces. Spread this mixture on a plank. Directions for using "plank," see index. Make a border of cold mashed potatoes, using a pastry tube to force the potatoes through. With this work out some potato nests deep enough to each hold an egg. Make just enough nests to serve the required number of persons. Into each nest break an egg, cover with a few buttered bread crumbs, season to taste. Place in the oven or broiler for the potatoes to brown and the eggs to set. Serve on the plank. Garnish with parsley.

ESCALLOPED EGGS (see Index).**RECIPE 19. PLAIN OMELETTE.**

For each egg allow one tablespoon milk or water. Water makes a more tender omelette. One egg is usually sufficient for one person. For each egg allow besides the milk or water one level teaspoonful butter, one-eighth teaspoonful salt. Pepper to taste.

Beat eggs slightly, do not separate, add liquid and seasonings. Melt butter in omelette pan and turn in the omelette. As it is cooking, prick it frequently so that the liquid can all be evenly cooked. When it is cooked to taste (rare, medium or well done), take pan in left hand and with right hand gently loosen omelette with a spatula or case knife. Tip pan until it is nearly vertical, fold over the omelette and turn onto a hot platter which you have all ready for it. Serve at once very hot.

Any kind of an omelette can be made by adding the article, ready cooked, folded into the omelette just before removing it from the pan. In this way we get a tomato, onion, parsley, cheese, ham, chicken, etc., omelette. See that the article is hot before adding it to omelette.

RECIPE 20. OMELETTE PUFF.

- 1 egg for each person
- 1 tablespoon milk or water for each egg
- 2 teaspoons butter for each egg
- Season to taste

Separate yolks from whites. Beat yolks until they are lemon colored, then add seasoning to taste and the hot water or milk. Beat whites until they are stiff as possible. Into them fold yolks until well mixed. Do not beat, just fold them in. Turn them into an omelette pan in which you have melted the butter. See that the sides of the pan are well covered with the butter, as well as the bottom. Put pan over a slow fire, turning the pan frequently around so that the bottom of the omelette will brown evenly. When omelette has risen to its full height, put pan into oven to finish cooking the top of omelette. The entire cooking of omelette may be done in oven if desired. When omelette is done, it will not stick to the finger when lightly pressed. When ready to remove from pan have a hot platter ready for it, gently loosen omelette from sides and bottom of pan, tip pan vertically, slip a spatula or a case knife gently under omelette, fold it over and turn out onto the platter. Garnish with a few sprigs of parsley.

RECIPE 21. JELLY OMELETTE.

Make a plain omelette, but omit pepper and add instead one teaspoon sugar. When ready to remove from pan add jelly on the top, turn over omelette, serve hot.

RECIPE 22. CREAMED EGGS ON TOAST.

3 hard boiled eggs	1 cup No. 1 White Sauce
4 slices of toast	Season to taste

Boil eggs until hard, then separate whites from yolks. Put yolk through the ricer, then either chop the whites or put them through ricer. Pour hot white sauce over toast, cover toast and sauce with a layer of the riced yolks, then on top the whites of eggs. Sprinkle with paprika, salt and pepper. A pimiento or a green pepper minced is nice also.

RECIPE 23. SOUTHERN EGGS.

Spread a layer of hot boiled rice on a buttered platter, then season well with melted butter, lemon juice and finely minced parsley. Poach required number of eggs so that they are perfectly shaped, arrange on the rice and sprinkle with parsley.

RECIPE 24. EGGS BAKED IN TOMATO SAUCE.

Strain one pint of tomatoes, season with salt, pepper and a little onion juice, and cook until hot and smooth. Pour onto a buttered baking dish. Carefully break eggs into the sauce and bake in the oven until the eggs are set.

RECIPE 25. SCRAMBLED EGGS WITH CHEESE.

Allow for each person 2 eggs, 2 tablespoons grated Swiss cheese, 1 tablespoon butter. Put butter and cheese on to heat. When slightly melted add beaten eggs, stir well so that eggs do not stick to sides of pan. Serve on toast if desired.

RECIPE 26. SPANISH EGGS.

Cook in two tablespoonfuls of butter, one tablespoonful of finely chopped onion and a teaspoonful of chopped bell pepper. After two or three minutes add one cup of tomatoes, one teaspoonful of salt, one tablespoonful of sliced mushrooms, one tablespoonful of capers and four eggs lightly beaten. Stir until thickened and serve on slices of toast.

RECIPE 27. EGGS BAKED IN WHITE SAUCE.

2 tablespoons butter	$\frac{1}{4}$ teaspoon salt
2 tablespoons flour	$\frac{1}{4}$ teaspoon pepper
1 cup milk	

Melt butter, add flour, milk and seasoning. Stir until it thickens. Place one-half the sauce in flat baking dish, break four eggs gently on sauce, cover eggs with rest of white sauce and a few buttered crumbs. Set dish in pan of hot water and place in oven, bake about ten minutes. Grated cheese is a nice addition to this dish.

RECIPE 28. EGGS AND MUSHROOMS IN CREAM.

Allow one-eighth of pound of fresh mushrooms to 4 eggs. Melt a tablespoon of butter in the omelet pan. Add the mushrooms, peeled and trimmed, with a half teaspoon of salt and a sprinkling of pepper and two drops of lemon juice. Cover pan and let mushrooms simmer gently for ten minutes over a slow fire. Add two tablespoons of cream, let the cream and mushrooms cook just a moment longer, then place four nicely poached eggs on hot toast and pour hot mushrooms and cream over the eggs.

RECIPE 28B. AUSTRIAN TOMATOES.

Cut each tomato required in halves. Shape some sausage meat into round cakes. Fry each cake brown on both sides, and when cooked flatten them out a little or make them match the tomatoes in size. Lay a sausage cake on each half of tomato, on that put half a slice of bacon and then the second half of tomato. Heat the tomatoes in a quick oven until they are tender, but not broken. Put a piece of parsley stalk into the top of each tomato.

RECIPE 28C. POACHED EGGS IN POTATOES.

Wash your potatoes, bake until tender, cut in halves lengthways and scoop out the soft part. Rub half of the potato puree through a sieve, add one tablespoonful of white sauce, with seasoning of salt and pepper. Line the shells of the potatoes with this. Then put in a layer of white sauce, sprinkle with grated cheese, and upon this place a poached egg. Sprinkle with grated cheese and pour over more sauce. Place on a buttered baking tin and brown in a hot oven.

RECIPE 29. SCRAMBLED EGGS AND SAUSAGE.

One-half pound sausage meat broken into very small pieces, fried (turning often) a delicate brown. Over this pour a sufficient number of well beaten eggs, about

three eggs for two persons. Scramble well, and as soon as eggs have set, remove and serve at once on toast or not, as desired.

RECIPE 29B. CODFISH AND POACHED EGGS FOR 2.

2 rounds toast	$\frac{1}{2}$ cup No. 2 White Sauce
2 poached eggs	$\frac{1}{2}$ cup codfish

Season to taste.

Soak codfish over night in cold water. Make No. 2 White Sauce, add codfish. Pour over the toast and on top place neatly poached eggs. Serve very hot.

RECIPE 30. ECONOMICAL OMELETTE.

This is a formula for a good omelette: Use one egg and two tablespoonfuls of sweet milk (to each portion). Salt added to yolks after beating until thoroughly mixed and light. Dissolve one tablespoonful of cornstarch in the milk and add to the beaten yolks. Season to taste. Add the whites beaten dry. Pour into well buttered hot pan, and follow directions in Recipe 20 for cooking the omelette.

RECIPE 31. EGG NESTS.

Rounds of toast covered with minced chicken, in white sauce or chicken gravy. Beat whites very stiff. Spread over chicken. Make a "well" in center, put yoke in. Bake until "set." Season and serve at once.

RECIPE 32. SWISS EGGS.

Boil eggs about 30 minutes. Remove shells. Take for four eggs one cup finely minced cooked meat, add yolk one raw egg, one-half cup dry bread crumbs, enough milk or water to make meat mixture. Stick well together. Surround each hard boiled egg with the meat mixture. Roll in dry bread crumbs. Fry in deep fat. Serve with any nice sauce.

CHAPTER II

Canapes and Sandwiches.

RECIPE 33. CANAPES AND SANDWICHES.

Canapes are served as the first course of a dinner or luncheon and sometimes take the place of clams or oysters on the shell. They are made of pieces of bread which are cut about one-fourth of an inch thick. They can be cut in circular form with a large biscuit cutter, or in long narrow strips about four or five inches long by two wide. They can be toasted or browned in frying pan with a little butter. On top of this spread any of the mixtures to be found under the recipes for canapes. They are served both hot and cold.

RECIPE 34. SARDINE CANAPES.

Toast required number of slices of bread. Bone sardines, mash them and add to them a very little creamed butter, a little paprika, mustard and Worcestershire sauce, or instead of Worcestershire sauce use a few drops of Tabasco sauce. Mash yolk of one hard boiled egg and add to the sardine mixture. Now spread the toasted slices with this mixture and put a dainty row of minced pimientos, or the white (minced) of the hard boiled egg, on the outside edge of the canape. One slice of a stuffed olive, placed in the center of canape on top of the sardine mixture, gives a pretty touch to canape. Serve cold.

RECIPE 35. CHEESE AND OLIVE CANAPES.

Prepare toast in the usual manner. Cut into any desired shape, allow one piece for each person. Grate or mash some sharp cheese and mix it with an equal amount of butter. Rub smoothly together. Mince a few olives, also one pimiento or one green pepper. Spread the cheese mixture on toast, then a thin layer of the minced olives, then a very little pimiento or green pepper. In center lay one slice of a hard boiled egg. Sprinkle lightly with salt and paprika. Serve cold.

RECIPE 36. SMOKED SALMON CANAPES.

Prepare required number of slices of toast, allowing one for each person. Cut in any desired shape. Mix together some plain mayonnaise with some smoked salmon, season with mustard, lemon juice, a few drops of Worcestershire sauce. Rub into a smooth paste and spread on the toast. Place half of a stuffed olive in center of the canape. Sprinkle with a little paprika. Serve cold.

RECIPE 37. LOBSTER OR CRAB CANAPES.

Prepare toast. Use equal parts of either crab meat or lobster meat with some thick white sauce. Add a few drops of Tabasco sauce or Worcestershire sauce, a few drops of lemon juice, and spread mixture on the toast. Sprinkle with buttered bread crumbs and brown in the oven for a few minutes. Serve hot. A thin layer of cheese can be added before the bread crumbs if desired.

RECIPE 38. CAVIARE CANAPES.

Equal parts of minced onions and caviare. Season with lemon juice, add a few drops of Worcestershire sauce. Spread on toasted rounds of bread and dash lightly with paprika. Serve cold.

RECIPE 39. PIMIENTO CANAPES.

Rye bread is nice for a change. Cut it in round pieces and cook in frying pan until a little brown, with either butter or bacon fat. Mince some pimientos very fine, spread a thin layer of them on the bread and cover them with some sharp grated cheese. Put into the oven long enough to melt the cheese. Serve at once very hot.

RECIPE 40. CHEESE CANAPES.

Toast. Spread thickly with a layer of sharp grated cheese. Sprinkle with paprika. Put into oven and bake until the cheese has melted. Serve at once very hot.

RECIPE 41. TOMATO CANAPES.

Cut a sufficient number of slices of bread one-quarter of an inch thick, saute them in a little butter. Cut some firm, ripe tomatoes into slices. Fry them in

deep fat, then place them on the rounds of bread, one on each, season lightly with salt, pepper and paprika, spread a very thin layer of mayonnaise on each tomato, then one thin slice of cucumber, and on the top a slice of hard boiled egg or some chopped egg. Dust a little paprika on the eggs.

RECIPE 42. CHICKEN CANAPES.

Mince equal parts of the breast of a chicken with some tender celery, mix with this enough mayonnaise to moisten it well. Season with salt, pepper, paprika and a little dry mustard. Spread on toasted rounds of bread, make a row of minced whites of hard boiled eggs around the outside edge of canapes, then inside of that place a row of the minced yolks of eggs, and directly in the center of the canapes place one slice of a stuffed olive. Have one or two stuffed olives on the plates with the canapes.

CHAPTER III

Soups.

RECIPE 43. BEEF STOCK.

6 pounds of beef shin bone and meat
1 tablespoon salt
3 quarts of cold water

Cut meat in pieces about two inches in size, cover it with the cold water and let it stand for an hour. Then put it over a very slow fire and let it simmer for five or six hours. Skim it frequently, then strain it through a cloth and set away to get cool, when all the fat can easily be removed from the top. This stock will keep for several days in cool weather, but should be scalded every day in warm weather if it is not being used.

RECIPE 44. FISH STOCK.

The trimmings of skin, the head and bones of fish can all be utilized for fish stock. When cutting up fish for fillets these parts are discarded and should be cooked at once and can be reserved for several days as the base for any of the fish sauces or soups. To make stock, cover bones, skin and head (if you have it) with a quart or two of cold water. The amount of water will depend upon how much fish you have. Into this water with the fish add one onion, three or four slices of carrots, several peppercorns, three or four whole cloves, a stalk or two of celery, a sprig or two of parsley and enough salt to season. Let come slowly to a simmer and cook about thirty minutes. Strain and it is ready to use or can be set away for a few days until desired. If it is warm weather, bring it each day just to the boiling point, and in this way will keep nicely until wanted. If desired, some of the meat of the fish can also be added at the time the stock is being made and will make it that much nicer. The head of the fish is very rich in gelatine and will make a very thick jelly in the stock if used in the right proportion.

RECIPE 45. WHITE STOCK NO. 1.

6 pounds knuckle of veal 3 quarts of water
1 tablespoon salt

Follow process for making beef stock, using veal instead of beef.

RECIPE 46. WHITE STOCK NO. 2.

1 good-sized fat hen 3 quarts of water
1 tablespoon salt

Wash, singe and disjoint one hen, which has been previously "drawn." Cover it with the cold water and let simmer until the meat drops from the bones. Season when it is about half done. Strain through a cloth and set away to let the fat rise to the top. This fat can be saved and used to saute articles. The chicken stock is nice with rice, spaghetti, macaroni, tomatoes, sago, noodles, corn, okra, etc.

RECIPE 47. BROWN STOCK.

Add a tablespoon kitchen bouquet or caramel to the stock. This will give it a delicate brown color nice for consomme. Any beef extract can be used, one teaspoon to each cup of boiling water, which will make a palatable brown stock.

RECIPE 48. SOUP STOCK FROM LEFT-OVER BONES AND MEAT.

Left-over meats are somewhat deficient in flavor, but make very good stock with the addition of judicious seasoning. Cover meat and any bones with a sufficient amount of cold water. Let it come slowly to a simmer and cook for two or three hours. Cook with the cover on the pot, so that flavor may be retained as much as possible and liquid not boiled away. A very little fresh meat added will give an improved flavor. Cook any desired vegetables with the stock, such as a few stalks of celery, a little parsley, an onion, a carrot in slices, a few peppercorns, two or three whole cloves and enough salt to season. If you desire to use it at once use a little tissue paper to absorb any fat floating on the top. If set away over night the fat can be readily removed the next day. Meat from the shin bone makes a stiff jelly when cooked down to a strong broth. This will keep several days in a cool place and is used for rich sauces and for Aspic Jelly (see Index).

RECIPE 49. TURKISH SOUP.

For each cup of Brown Stock allow

1 tablespoon well washed rice	1 level teaspoon flour
1 slice of onion	2 whole peppercorns
1 level teaspoon butter	$\frac{1}{4}$ cup of tomatoes
	$\frac{1}{4}$ teaspoon salt
	Pinch of celery salt

Simmer tomatoes, onion, a bay leaf, peppercorns and celery salt together for thirty minutes, while the rice is cooking with brown stock in another pot. When tomato mixture is done and rice is tender, add tomatoes to the brown stock and rice. Rub the butter with the flour until it is blended well. Strain soup and add flour and butter. Cook until it thickens a little. This soup can be served unstrained if desired.

RECIPE 50. CREOLE SOUP.

1 pint brown stock	3 tablespoons minced green peppers
1 cup tomatoes	
2 tablespoons minced onions	2 tablespoons butter
$\frac{1}{2}$ teaspoon vinegar	2 tablespoons flour
2 tablespoons boiled rice or Marconi rings	1 tablespoon horseradish
	$\frac{1}{4}$ cup cooked okra
	$\frac{1}{2}$ teaspoon salt
	6 whole peppercorns

Boil the stock, onions, peppers, vinegar, horseradish and tomatoes and seasonings for twenty minutes. Melt the butter, add flour, stir into the soup, then add the boiled rice, spaghetti, macaroni or okra.

RECIPE 51. NOODLE SOUP.

One egg, beaten well with one-fourth teaspoon salt. Add enough flour to make a thick dough. Roll out very thin. Let it stand and dry for four or five hours. Then roll it up like a jelly roll and cut off very thin slices. Boil in any stock for five minutes. Season to taste.

RECIPE 52. JULIENNE SOUP.

Cut a sufficient quantity of raw carrots and turnips into very thin long strips. Cook them in salted boiling water until tender, when the water should be absorbed. Add these vegetables to a soup stock, add a few table-spoonsful of cooked peas and string beans. Serve very hot.

RECIPE 53. TURKEY SOUP.

Use the carcass from a roast turkey, break it up in convenient sized pieces and cover with cold water and let simmer for several hours. The seasoning from the stuffing which will cling to the bones usually gives a nice flavor, but any seasoning desired can be added. Strain the stock and use it as the base for any desired soup. Turkey stock is especially nice when added to.

RECIPE 54. TURKEY SOUP WITH CORN AND TOMATOES.

1 pint of turkey stock	$\frac{1}{2}$ bay leaf
1 cup tomatoes	salt, pepper and paprika to taste
$\frac{1}{2}$ cup corn	

Let simmer for ten minutes, serve very hot.

RECIPE 55. RICE CHICKEN SOUP.

Cook one-half cup of well-washed rice in just enough boiling water to keep it from burning. When it is tender add it to two cups chicken stock. Season to taste.

RECIPE 56. HAMBURGER SOUP.

$\frac{1}{2}$ pound Hamburger	1 medium onion
$\frac{1}{4}$ teaspoon salt	1 bay leaf
1 pint cold water	1 tablespoon minute tapioca
3 peppercorns	
1 potato diced	1 pint boiling water
1 carrot	

Put hamburger, cold water and salt to soak, let stand thirty minutes. Put diced carrot, potato, bay leaf, minced onion and peppercorns into boiling water and cook thirty minutes. Now turn the hamburger mixture into the vegetable mixture, add one tablespoon minute tapioca and let soup simmer for five minutes. Remove the bay leaf, serve very hot. If you have any tomato, corn, lima beans, string beans—in fact, almost any vegetable as a left-over—it can be added to soup. Left-over macaroni or spaghetti and cheese can be used.

RECIPE 57. VEGETABLE SOUP.

Cut up a sufficient amount of soup vegetables, cover with just enough hot water to keep them from burning, boil until they are tender, when the water should be just about cooked away. Add these vegetables to a sufficient

quantity of the stock, season with salt, pepper to taste. Serve very hot. Do not boil vegetables with the stock when it is in the making, unless intending to use it all at once, as the stock will sour more easily.

RECIPE 58. RICE TOMATO SOUP.

Follow directions for making rice chicken soup, adding to it one-fourth cup tomatoes, either left-over stewed, fresh or canned. Season to taste. A little onion salt or onion juice can be added.

RECIPE 59. CLEAR TOMATO SOUP.

For each cup of stock add one-half cup of tomatoes. Simmer until the tomatoes are tender. Mash through a puree strainer. Season to taste. One or two cloves, a pinch of nutmeg or mace are nice with this soup. A little celery or onion salt can be added for a change. Whole black peppercorns are preferable to the ground pepper in seasoning soups of any kind.

Cream of Vegetable Soups.

RECIPE 60. CREAM SOUP NO. 1.

1 tablespoon butter	¼ teaspoon pepper
1 tablespoon flour	⅛ teaspoon paprika
2 cups milk or cream	1 cup any cooked vegetable
1 bay leaf	table
	½ teaspoon salt

Melt butter, add flour and then milk. Simmer until it thickens, add seasoning. Last add any vegetable desired. The vegetable used will determine what kind of soup it will be—cream of corn, cream of spinach, etc.

RECIPE 61. CREAM SOUP NO. 2.

1 cup White Stock	½ teaspoon salt
1 cup milk or cream	¼ teaspoon paprika
1 tablespoon butter	6 whole peppercorns
	1 tablespoon flour

Melt butter, add flour, then milk and stock. Stir until it thickens, season to taste. For each cupful allow one-fourth cupful cooked vegetables.

RECIPE 62. CREAM OF RICE TOMATO SOUP.

2 cups No. 1 or 2 Cream $\frac{1}{4}$ cup cooked rice
 Soup $\frac{1}{4}$ cup cooked tomatoes
 Heat together, season. Serve hot.

RECIPE 63. RICE-CHEESE SOUP.

2 cups No. 1 White Sauce Season to taste.
 $\frac{1}{4}$ cup grated cheese 1 tablespoon minced
 1 cup cream parsley can be added

RECIPE 64. CREAM OF TOMATO.

2 cups No. 1 or 2 Cream $\frac{1}{4}$ teaspoon soda
 Soup 2 whole cloves
 1 cup stewed tomatoes pinch nutmeg
 Salt to taste

Simmer the tomatoes until smooth and tender, add the soda to them. Strain through a puree strainer. When just ready to send to the table add tomato puree and serve at once. A teaspoonful of sugar can be added to tomatoes when they are cooking if desired. One-fourth teaspoonful onion salt is also nice. Add the tomatoes to the Cream Soup, and not the soup to the tomatoes, then soup will not be so apt to curdle.

RECIPE 65. SURPRISE SOUP.

Pour into a stew pan the water from one can peas and one can of asparagus. Add one pint milk, one tablespoon Worcestershire sauce, two tablespoons butter, one-half teaspoon salt, one-quarter teaspoon each of white pepper and paprika. Thicken with one tablespoon corn-starch. One chopped hard boiled egg can be added for a change.

Cream Soups.

RECIPE 66. CREAM OF FISH SOUP.

For all ordinary fish chowders make a No. 1 Cream Soup, then add one-fourth cup cooked fish for each cup cream soup. Some variety of white fish is preferable, though salmon is also very nice. Rub the cooked fish through a strainer. Add to hot soup and serve at once.

RECIPE 67. FISH CHOWDERS.

If left-over fish is used carefully remove the skin and bones. Rub fish through a strainer. Cover bones and skin (head and tail also, if you have them) with one pint of cold water and let simmer down to one cup of fish stock.

1 sliced onion	1 cup fish stock
2 tablespoons small cubes salt pork	1 cup milk
1 cupful potato cubes	3 peppercorns
$\frac{1}{8}$ teaspoon paprika	1 whole clove
$\frac{1}{4}$ teaspoon Worcester- shire sauce	1 pint boiling water
	Salt to taste

Put potato cubes on to cook in the pint of boiling water. Cook a few minutes until tender, drain. Put cubes of salt pork into a frying pan with sliced onion. Cook for a few minutes until cubes are brown, then strain the fat into the fish stock, scald milk and add to stock, add potato cubes, seasoning and serve very hot. One or two crackers can be broken up and added to chowder when just ready to serve.

RECIPE 68. CLAM CHOWDER.

1 pint clams	2 tablespoons butter
2 cups boiled potato cubes	1 tablespoon flour
1 minced onion	1 teaspoon salt
Pepper to taste	4 soda crackers
2 cups milk	2 tablespoons salt pork cubes

Put the small cubes of pork into a frying pan, add minced onion, cook until pork begins to brown. Strain fat into a stew pan, add milk, scald, add seasoning and potatoes. Rub flour into butter, stir this into milk and let it thicken a little. If canned clams are used, remove tough portions and mince well, leaving soft part of the body whole. If fresh clams are used, remove them from their shells, wash well, cover with just enough water in which to parboil them. Add this water to the milk, chop tough portions of clams fine, and add to milk with the bodies of the clams.

RECIPE 69. OYSTER SOUP NO. 1.

1 pint milk	$\frac{1}{4}$ teaspoon pepper
1 tablespoon butter	$\frac{1}{4}$ teaspoon paprika
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ pint oysters

Put milk on to scald, add butter and seasoning. When milk is boiling add the oysters, let them cook until they ruffle (about two minutes). Serve hot.

RECIPE 70. OYSTER SOUP NO. 2.

2 cups milk	1 cup oysters
2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
2 tablespoons flour	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ teaspoon paprika	

Melt the butter, add flour, then milk and seasoning. When it has thickened add the oysters and cook for two or three minutes until the oysters ruffle. One or two soda crackers can be broken and added when ready to serve if desired.

Purees.

RECIPE 71. PUREE OF PEAS.

Soak one cupful dried peas in two quarts of cold water over night. In the morning drain off this water.

1 cup soaked peas	2 tablespoons butter
3 pints cold water	1 tablespoon flour
1 small onion	1 bay leaf
6 peppercorns	1 teaspoon salt

Cook the peas, onion, salt and peppercorns until the peas are soft. The length of time depends upon the age of the peas. When soft, press the peas through a wire strainer. Rub the flour and butter together and add to the peas. Purees need this flour to act as a binder to hold the pulp smoothly together. A small piece of salt pork or a ham hock boiled with the peas gives a puree a delicious flavor. If used then omit the salt.

RECIPE 72. PUREE OF NAVY BEANS.

Follow the directions for Puree of Peas, substituting beans for the peas.

RECIPE 73. PUREE OF LIMA BEANS.

Follow the directions for Puree of Peas, substituting lima beans for peas.

RECIPE 74. PUREE OF LENTILS.

Follow the directions for Puree of Peas, substituting lentils for peas.

CHAPTER IV

Fish.

GENERAL RULES FOR PLANKING.

PLANKED FISH.

Take any kind of fish which is large enough to split. Have plank warmed in oven for five minutes. Butter it well. Place the fish on the plank, skin side down. Put a little melted butter over it and brush with the juice of one-half of a lemon. Broil for about fifteen minutes, then remove plank from stove for a minute or two while you put on the decorations, which can be of many different things. One of the nicest ways to garnish fish is to slice ripe tomatoes over it (one slice for each serving); a few very thin slices or rings of green peppers or pimientos or onions can be used. Around the fish there should be a border of mashed potatoes. Learn to use a pastry tube and press potatoes through it around fish. A few oysters or clams in shells can be placed at intervals around the fish, and on each one put buttered bread crumbs. If tomatoes are used put a few buttered bread crumbs on each slice. Place the planked fish back into the broiler and broil slowly until the vegetables are done—about five minutes. If potatoes are used as a border they should be lightly brushed with the yolk of an egg to make them brown quickly. When fish is done, serve it on the plank placed on a large platter. It can be garnished at the time of serving with a few slices of lemon and sprigs of parsley. Planked fish is considered one of the most delicious and attractive of all ways to serve fish. A little practice with the pastry bag and tube will give charming effects to the border of potatoes. Left-over boiled rice or macaroni and cheese or spaghetti and cheese can be used for making the border around the plank, or can be used in addition to potatoes. In this case make a ring of potatoes around the outer edge of plank and fill in the rice or other ingredients in space between fish and potatoes. Pimientos stuffed with macaroni and cheese or spaghetti and cheese can be placed at intervals around the fish.

Stuffed baked tomatoes are nice. Green peppers, par-boiled in salted water for fifteen minutes, then stuffed with anything desired, can also be used on all planked dishes. The decorations of planked meats and fish can be varied according to the ingenuity of the cook. There is almost no limit to the combinations which can be worked out.

RECIPE 75. BROILED FISH.

Have the broiler well greaséd and very hot. Place the fish skin side down on the broiler, and when half done season with pepper and salt. If a dry fish it should have a little melted butter poured on it once or twice while cooking. If a very oily fish it requires no butter. The time of cooking will depend upon the size and shape of a fish. If it is a fish which can be split and spread open like a shad or white fish it will take less time than if it is a fresh mackerel or some kind of bass, which is broiled whole and needs to be turned. Try the fish with a fork, and when the meat is white and firm and readily leaves the bones, it is done. Serve on a hot platter, garnish with parsley or slices of lemon or potato chips. Fish that is inclined to be dry is best served with a sauce of some kind. Maitre d'Hotel butter is especially good. So is Sauce Tartare, Nebiche Sauce, etc.

RECIPE 76. BAKED FISH.

Clean fish, seeing that no scales remain on outside. Brush inside of fish with lemon juice, shake a little salt and pepper into it and stuff with any good stuffing. The following is nice:

Equal parts of bread	juice $\frac{1}{2}$ lemon
and cracker crumbs	seasoning to taste
1 tablespoon butter	enough hot water to
$\frac{1}{4}$ teaspoon poultry sea-	hold crumbs together
soning	$\frac{1}{4}$ teaspoon onion salt

For a two or three pound fish use about one-half cup each of bread and cracker crumbs. Stuff and sew up fish. Bake twenty minutes to the pound.

RECIPE 77. FRIED FISH.

Wash and clean the fish. See that no scales remain on it. Small fish like smelts can be fried in deep fat, but the larger fish are sauted in a frying pan. They

can be dipped in plain flour or rolled in cornmeal, or rolled in dry bread crumbs, then in yolk of egg and again in bread crumbs. Sauted in the grease from salt pork gives them a delicious flavor, but can be sauted in any kind of fat. If butter is used, be careful that it does not scorch. Large fish like salmon, halibut, sturgeon, shad or white fish should be cut in slices about one inch thick and then sauted. Slices from large fish, rolled in bread crumbs, then in yolk of egg and then in bread crumbs and sauted, can be served with any of the different fish sauces (see Index), especially Sauce Tartare. Slices of large fish can also be fried in deep fat, but should be first put into a pan and covered with boiling water for a couple of minutes, then wipe them dry and carefully cover with bread crumbs, then yolk of egg, then again in the dry bread crumbs. Have the kettle of fat just hot enough to fry them brown in about one minute. If any hotter, the fish may not cook clear to the center. Fish cooked this way should always be served with a sauce, such as Sauce Tartare, Maitre d'Hotel (see Fish Sauces, Index).

RECIPE 78. BOILED FISH FOR TWO.

1 pound fish	1 tablespoon lemon juice
1 quart boiling water	1 teaspoon salt

Select a short, thick piece of any fish desired, such as halibut, salmon, white fish, etc., tie it in a clean piece cheesecloth boil fifteen minutes, in water to which had been added lemon juice and salt. Remove from cloth, serve on hot platter, garnish with a Fish Sauce (see Index). Fish cooked in a steamer is preferable to the boiling process. If a steamer is used, place fish (without cloth) in the steamer, cook till it flakes. About twenty minutes for each pound is usually required.

RECIPE 79. FRIED FILLETS OF FISH.

Many kinds of fish can be boned and fried. When boned they are called fillets. Smelts, soles, flounders are all delicious when boned, crumbed, egged and crumbed again and fried in deep fat. Serve with a sour sauce (see Index). To fillet a fish use a sharp, small knife and run it along the bone, gently cutting away the flesh from the bone. If you buy your fish the fish merchant will usually fillet them upon request, or show you how to do it.

RECIPE 80. FILLETS OF FISH TURBANS.

Have slices cut one inch thick from any large fish, halibut preferred. Carefully trim each fillet from the bones. Cut skin from off the edges of slices, add also the bones to cook with one pint water, one bay leaf, a slice of onion, salt, pepper and paprika to taste. Let these simmer about fifteen minutes for a fish stock. While stock is cooking roll up the fillets like jelly roll, commencing with the wide end. Fasten end securely with a buttered wooden toothpick. Place these Turbans in a casserole or any deep baking dish. Parboil about six small potato balls for each person to be served. Small button onions are also nice. Place them all in the pan together and cover with the fish stock. Let simmer about thirty minutes.

RECIPE 81. MEDALLIONS OF FISH.

Take some fillets of any large fish, such as halibut or salmon. Have all bones removed, cut off skin. Turn fillet and fasten with buttered toothpicks so fillet forms a round shape like a medallion. Lay them on a plate for a few minutes and cover with thinly sliced onions and a few drops of lemon juice, then take them from the onions and bake fish in an agate flat baking dish or Savory roaster for twenty minutes, having them partly covered with a Fish Stock (see Index) made of the skin and bones from the fillets. Have ready two hard boiled eggs. Chop the whites and rice the yolks. Make a Fish Bechamel sauce, a Perigeux sauce or Mornay sauce. Add chopped whites of eggs to sauce, pour part of sauce over medallions placed on a hot platter, and then pour the rest of sauce around medallions. Sprinkle riced yolks over the tops of the medallions. Serve very hot.

RECIPE 82. TURBAN OF SALMON TROUT.

Remove the skin and bones from a salmon trout, leaving it in fillet about 4x2 inches, season with salt, pepper and lemon-juice. Pour over half a cup of white wine and let stand for one-half hour, then drain. Then dip each piece in egg and crumbs. Roll and fasten with a toothpick and thread. Fry in deep fat until nice and brown. Take the skin and bones and cook with pieces of carrot, an onion, one bay leaf, thin slice of lemon, one-fourth teaspoonful of whole mixed spices and two cups of water. Reduce to one cup of liquid and add three tablespoons of butter and three of flour, then strain. Add yoke of one egg and one-fourth cup of wine.

Make a border of mashed potatoes run through pastry bag and pour sauce around. Garnish with finely chopped egg, parsley and shrimps.

RECIPE 83. BAKED SHAD.

For average family get about a two-pound shad. Clean well, split open and carefully remove the backbone. Place in a pan, season well with salt, pepper and paprika, also placing pieces of carrots and onions around the fish. Use equal parts of butter and lard for basting. Bake for 25 to 30 minutes in a hot oven. Place on hot serving platter, pouring over it melted butter. Serve with plenty of lemon, garnished with parsley. If roe is found in the shad, bake well in same pan, and serve with the fish.

RECIPE 84. FRIED HALIBUT CHEEKS.

Service for two persons. Take one pound of fresh halibut cheeks. Season well with pepper and salt and roll in flour. Fry in butter over slow fire for twenty minutes in closely covered pan. Take up carefully and place in round covered casserole. Wipe clean the frying pan, then take one tablespoonful of butter, one young onion, one-half green pepper well chopped. Stir briskly on fire for about three minutes, then pour over the halibut cheek, sprinkling with chopped parsley. Serve very hot, with potato salad or cold slaw.

RECIPE 85. BAKED SALMON.

Take a small salmon, well scaled and cleaned. Remove center bone and as much of backbone as possible without cutting the skin. Make a stuffing the same as for fowl and add half cup of tomatoes, which will impart a delicious flavor. Place salmon in well buttered pan and fill with stuffing. Cover with a greased paper and bake for about twenty minutes for each pound.

RECIPE 86. BAKED HALIBUT, HOME STYLE, FOR TWO PERSONS.

Get about one pound of halibut. Place in a deep granite roasting pan with enough water to cover the bottom of the pan. Put in a small onion, a few sprigs of celery, two or three bay leaves and some sprigs of parsley, then salt and a small piece of butter. Cover the pan tightly and bake in a moderate oven for about twenty-five minutes, basting occasionally. When cooked,

take fish from pan, placing on service dish, and remove skin and large bone. With the sauce in the pan make a gravy, adding a little broth if necessary. Let this come to a boil, then squeeze a few drops of lemon juice and thicken slightly. Then strain, add a hard boiled egg chopped fine. Serve with a little chopped parsley sprinkled over the fish. A covered granite roasting pan should be used in order to retain the best flavor of the fish.

RECIPE 87. SMELTS FRENCH STYLE.

Take the required number of smelts for the needs of the family. After they have been cleaned, cut three or four gashes on each side of each fish. If the smelts are the small variety, this is not necessary. Season them with salt, pepper and paprika, and cover with lemon juice and let them stand for ten minutes. Then dip them in milk or cream, roll them in flour and saute a delicate brown. Make a sauce as follows to cover them:

RECIPE 88. FISH SAUCE.

When buying the smelts allow two or three more than needed for serving. Put these extra fish into a saucepan with one and a half cupsful cold water, one slice onion, one slice carrot, three peppercorns, one very small piece bay leaf, one-fourth teaspoonful salt. Allow this stock to simmer for ten or fifteen minutes while the other fish are in the lemon juice. When stock is done, strain it. Now saute the fish for serving as directed in the recipe for Smelts French style. When fish are brown, pour off the fat from the pan, except one tablespoonful. To this add one tablespoonful flour, stir till smooth, then add the fish stock, which should have simmered down to about one cupful. When the sauce has thickened, add one tablespoonful of minced parsley or pimientos or green peppers. Season with a little Worcestershire sauce and a dash of Tobasco or paprika if desired. Put the sauted smelts on a hot platter and pour the sauce over them.

RECIPE 89. HALIBUT EN BLANQUETTE.

Have a sufficient quantity of halibut cut into slices about inch thick. Place two or three slices of very thinly sliced salt pork in an agate roasting pan. Lay slices of halibut on the salt pork. Cover halibut with a layer of tomatoes, then a light layer of minced boiled onions, then a sprinkling of minced parsley and on top

some buttered bread crumbs. Put a little hot water in the pan around the fish—not over a cupful. Season with salt, pepper and paprika. A tablespoon of Worcestershire sauce or tomato catsup in the water in pan is nice. Baste once or twice. Bake about twenty minutes. Serve at once very hot. The pan must not be allowed to get dry, retain all the juices possible. Left-over cooked tomatoes may be used or a tomato puree.

RECIPE 90. FRIED OYSTERS NO. 1.

Take a sufficient number of fine large oysters. Dip them in lemon juice, then in dry bread crumbs, then in an egg wet with a little water, then dip again in bread crumbs and fry for one minute in hot, deep fat. Drain on paper. Serve at once very hot.

RECIPE 91. FRIED OYSTERS NO. 2.

Melt a generous portion of butter in an iron frying pan. Dip the oysters, which should be fine, large ones, first in lemon juice, then in cracker crumbs, then in egg, then again in cracker crumbs. Have the butter hot in frying pan and saute oysters until a delicate brown. Turn frequently. As soon as browned they are done. Serve hot, after draining on paper. Garnish with sliced lemons.

RECIPE 92. FRIED OYSTERS NO. 3.

Make Fritter Batter No. 1 and let it stand an hour. When ready to fry the oysters put on a deep kettle of fat to heat. Dip oysters one by one into fritter batter and as soon as fat is smoking hot, fry oysters in it until a delicate brown. Have fat just hot enough so that it will take at least sixty "counts" before the oysters are a nice brown (see directions for Deep Fat Frying). When oysters are removed from the fat let them drain in a warm place on paper to take up any superfluous fat. Garnish with quartered lemons. Serve at once very hot.

RECIPE 93. ESCALLOPED OYSTERS.

Take a sufficient quantity of oysters and for each cupful oysters allow one cupful No. 2 White Sauce. Stir the oysters well through the hot sauce. Put a layer of oysters and sauce into a deep baking dish, cover with a layer of buttered cracker crumbs, then alternate layers of oysters and sauce and cracker crumbs until the dish is full. Have the last layer of the cracker crumbs but-

tered and bake in oven about fifteen minutes for a quart pan full, longer for a larger pan. Serve hot in the pan in which they baked.

RECIPE 94. ESCALLOPED OYSTERS NO. 2.

Butter a deep baking dish. Place a layer of crumbs on the bottom, then alternate layers of oysters, crumbs and bits of butter until the pan is full, having buttered crumbs on top. Season each layer of oysters as you put them in. Fill the dish two-thirds full of sweet milk, put into oven and allow it to cook about thirty minutes for a quart pan full. Longer for a larger pan. Cook until the oysters ruffle.

RECIPE 95. OYSTERS IN BLANKETS.

Pick over a sufficient quantity of fine large oysters to see there are no bits of shell attached. Shake a little salt and pepper over them. Wrap each oyster in a very thin slice of bacon. Fasten bacon securely with a wooden toothpick. Place the blanketed oysters on a broiler and cook until the oysters ruffle. Turn once during the broiling so that bacon will be a delicate brown. Will only take a few minutes to cook. May be served on toast if desired.

RECIPE 96. CREAMED OYSTERS ON HALF SHELL.

Wash some deep oyster shells thoroughly. Pick over a sufficient quantity of oysters, removing any bits of shell. Cover with one cupful sweet milk and bring just to the boiling point. Into a saucepan put one tablespoonful of butter, melt, add two tablespoonfuls flour, stir until smooth. To this add the milk the oysters were cooked in. Season with salt, pepper and paprika to taste. Add the oysters. Place this oyster mixture into the oyster shells, cover with a thick layer of buttered bread or cracker crumbs. Bake until brown in the oven. Serve very hot. If oyster shells are not available clam shell may be used or small individual dishes which will stand the heat of oven. A very dainty way to serve creamed oysters is in the little "ramekins" sold in every house furnishing store for that purpose. The patty shells made at every bakery are also very nice.

RECIPE 97. BROILED OYSTERS.

Wash and pick over a sufficient number of large oysters. Melt a tablespoonful butter, add one tablespoonful lemon juice, season with salt, pepper and pap-

rika. Dip each oyster in this melted butter. Lay them on a hot, well-greased broiler. Let cook until they ruffle. Serve with slices of lemon. Minced parsley may be lightly shaken over them. If desired, a few drops of Worcestershire sauce may be added to the melted butter before dipping the oysters.

RECIPE 98. PLANKED OYSTERS.

Take a sufficient quantity of oysters. For a small family a half pint will be enough. To these oysters add a No. 2 White sauce, one hard boiled egg, 1 minced pimiento.

Make the sauce, add the oysters, stir them a moment, add the chopped white of egg and the minced pimiento. A tablespoonful parsley minced is good. Season to taste with salt, pepper and paprika. Warm the plank in the broiler for five minutes. Then butter it slightly and spread the oyster mixture on the plank. If desired, a border of mashed potatoes or some hot boiled rice may be placed around the oyster mixture. Shake the buttered bread crumbs lightly over the oysters. Brown under the gas flame at bottom of broiler for five minutes. Serve on the plank. If a coal or wood stove is used, the plank may be placed in the oven, but it will take a little longer to bake. When done sprinkle the riced yolk of the hard boiled egg on top.

RECIPE 99. OYSTER COCKTAIL FOR ONE PERSON.

6 small oysters	$\frac{1}{4}$ teaspoonful horse-
1 tablespoonful catsup	radish
1 teaspoonful lemon juice	2 drops Tabasco sauce

Mix all together about one hour before wanted. Set on ice to become very cold.

RECIPE 100. CRAB COCKTAIL FOR ONE PERSON.

1 heaping tablespoonful crab meat	1 tablespoonful Sherry wine
1 tablespoonful tomato catsup	3 drops Tobasco sauce
1 tablespoonful lemon juice	1 teaspoonful finely chopped onions
	Salt to taste

Set on ice to become very cold.

RECIPE 101. CRAB COCKTAIL NO. 2 FOR ONE PERSON.

$\frac{1}{4}$ cup plain Mayonnaise	1 teaspoon minced green pepper
2 tablespoons tomato catsup	1 teaspoon minced young onions
1 teaspoon minced pimiento	1 teaspoon lemon juice if desired
2 tablespoons crab meat	

 Serve ice cold

RECIPE 102. LOBSTER COCKTAIL FOR ONE PERSON.

Follow either recipe for Crabmeat cocktail, substituting Lobster for Crabmeat.

RECIPE 103. CREAMED CRAB MEAT.

Make a No. 2 White Sauce, add one cupful crabmeat, put into crab shells, or ramekins, cover with buttered bread crumbs. Bake till crumbs are brown.

RECIPE 104. FISH OR MEAT CUTLETS.

Make any meat or fish croquette mixture. Press into flat shapes, like cutlets, crumb, egg and crumb, and fry like croquettes.

RECIPE 105. DEVILED CRABS.

$\frac{2}{3}$ cup crabmeat	1 tablespoon Worcestershire Sauce
$\frac{1}{3}$ cup cracker crumbs	$\frac{1}{4}$ teaspoon salt
2 tablespoons melted butter	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{8}$ teaspoon dry mustard	$\frac{1}{4}$ teaspoon paprika

Mix all together, place in cleaned crab shells, dust lightly with buttered bread crumbs. Bake until crumbs brown. Serve with a quartered lemon.

RECIPE 106. CREAMED CODFISH.

Soak the codfish over night in cold water. For a family of two take

1 cup codfish flakes	1 cup No. 2 White Sauce
1 hard boiled egg	2 slices toast

Make the White Sauce, add codfish flakes and the minced hard boiled egg. Serve very hot on toast. Egg can be omitted if desired.

RECIPE 107. CODFISH PYRAMIDS.

1 cup well beaten mashed potatoes
 ½ cup shredded codfish

Mix thoroughly with one egg well beaten. Shape into cones or pyramids. Place on well buttered pan. Bake until a nice brown.

RECIPE 108. SAUCE FOR PYRAMIDS.

½ cup No. 2 White Sauce	1 tablespoon minced pickles
1 tablespoon parsley	½ tablespoon lemon juice

and last one tablespoon butter creamed with yolk of one egg. Stir till egg sets. Serve hot.

RECIPE 109. CODFISH BALLS.

Equal parts of hot mashed well beaten potatoes and shredded codfish. Shape into balls. Fry in deep fat. One egg can be added to potatoes if desired. Serve very hot.

CHAPTER V

Meat and Fish Sauces.

Nearly every kind of fish is the better for being served with a sauce.

For boiled fish all of the White or Drawn Butter sauces and their derivatives are nice.

For baked fish the White, Drawn Butter, Creole, Nut, Mushroom and Parsley sauces in their variations are used.

For fried fish some kind of sour sauce should be used. From the plain Mayonnaise and Hollandaise sauces a great variety is formed and Maitre 'd hotel butter is also used. The acid helps digest the oil of the fried fish. Tomato sauce is nice with boiled, baked or fried fish.

RECIPE 110. WHITE SAUCE NO. 1.

1 tablespoon butter	1 cup milk
1 tablespoon flour	$\frac{1}{4}$ teaspoon salt
Pepper to taste	

Melt butter, add flour, rub smooth, add milk, stir until it thickens, add pepper, salt and if desired one quarter teaspoonful paprika. This sauce is used for serving vegetables and over croquettes, cutlets, etc.

RECIPE 111. WHITE SAUCE NO. 2.

2 tablespoons butter	1 cup milk
2 tablespoons flour	$\frac{1}{4}$ teaspoon salt
Pepper to taste	

Follow directions for making No. 1 sauce. This sauce makes the base of most meat croquettes and cutlets.

RECIPE 112. WHITE SAUCE NO. 3.

3 tablespoons butter	1 cup milk
3 tablespoons flour	$\frac{1}{4}$ teaspoon salt
Pepper to taste	

Follow directions for making No. 1 White Sauce. This sauce is used as a base for many souffles, fish croquettes and cutlets.

RECIPE 113. CREAM SAUCE WITH EGGS.

½ cup White Sauce No. 1 1 hard boiled egg
 The yolk may be riced and the white chopped, or
 egg may be sliced.

RECIPE 114. PEAS AND CARROTS IN CREAM.

½ cup White Sauce No. 1 3 tablespoons sliced
 3 tablespoons cooked cooked carrots
 peas Season to taste

RECIPE 115. BROWN SAUCE.

1 tablespoon butter ½ teaspoon kitchen
 1 tablespoon flour bouquet
 ½ cupful hot water or ¼ teaspoon salt
 soup stock ⅛ teaspoon pepper

Melt butter, add flour, then hot water or stock and kitchen bouquet. Season to taste.

RECIPE 116. DRAWN BUTTER.

1 tablespoon butter ¼ teaspoon salt
 1 tablespoon flour ⅛ teaspoon pepper
 ½ cup boiling water 1 tablespoon butter

Melt 1 tablespoon butter, add flour, rub smooth, then add hot water and seasoning and then last beat in 1 tablespoonful butter.

RECIPE 117. DRAWN BUTTER SAUCE WITH EGGS.

Add 1 hard boiled egg, sliced.

RECIPE 118. TOMATO SAUCE NO. 1.

1 cup tomatoes 1 tablespoon flour
 1 small onion sliced ¼ teaspoon salt
 1 tablespoon butter ⅛ teaspoon pepper

Simmer tomatoes, onions and seasonings 15 minutes, then add flour and butter which has been rubbed together. If a very smooth sauce is desired rub tomato and onions through a strainer before adding the flour and butter.

RECIPE 119. TOMATO SAUCE NO. 2.

1 cup stewed tomatoes	1 tablespoon flour
$\frac{1}{2}$ cup hot water	1 slice carrot
1 teaspoon kitchen boquet	1 slice onion
1 tablespoon butter	1 spring parsley
	$\frac{1}{4}$ teaspoon salt
	$\frac{1}{8}$ teaspoon pepper

Simmer together 15 minutes the tomatoes, water, vegetables and seasoning. Then strain and add kitchen boquet and then flour and butter which has been rubbed together. Cook until smooth.

RECIPE 120. TOMATO AND MUSHROOM SAUCE.

One cupful Tomato Sauce No. 2, add 1 whole clove, a few grains nutmeg and $\frac{1}{2}$ cupful sliced mushrooms.

RECIPE 121. CREAM OF TOMATO SAUCE.

$\frac{1}{2}$ cup White Sauce No. 1 (see Index).
 $\frac{1}{4}$ cup stewed tomatoes

Do not stir in tomatoes until ready to serve.

RECIPE 122. SPANISH SAUCE.

1 pint tomatoes	2 or 3 drops Tabasco
3 sliced olives	sauce
1 green pepper, minced	$\frac{1}{2}$ teaspoon salt
1 minced onion	$\frac{1}{4}$ teaspoon each of pep-
1 teaspoon Worcester- shire sauce	per and paprika

Put tomatoes, onions, green pepper, olives and seasoning into a granite pan and simmer slowly thirty minutes. Then rub butter and flour together and stir them into tomato mixture. This sauce can be strained and served clear, or served with vegetables in it. A few grains of red pepper can be used if you have no Tabasco sauce.

Some tomatoes have more juice than others, or if you cook same too rapidly there will be less moisture, so if a little too thick add a few drops of hot water—keeps several days.

RECIPE 123. CREOLE SAUCE.

See Spanish Sauce.

RECIPE 124. NUT AND OLIVE SAUCE.

- | | |
|---------------------------------------|----------------------------------|
| 1 cup White Sauce
No. 1 | 2 teaspoons lemon
juice |
| $\frac{1}{4}$ cup shredded
almonds | 6 olives stoned and
quartered |
| 2 drops Tabasco sauce | |
- Good on boiled fish.

RECIPE 125. FIGARO SAUCE.

- | | |
|-------------------------------|---|
| 1 tablespoon minced
carrot | 1 tablespoon flour |
| 1 tablespoon minced
onion | 1 tablespoon butter |
| 1 tablespoon minced
ham | $\frac{1}{2}$ cup thick tomato
puree |
| | 1 teaspoon minced
parsley |
| $\frac{1}{2}$ stalk celery | |

Chop the ham and all the vegetables together and brown them in the butter, then add flour and then tomato puree, simmer slowly (over an asbestos mat) till thick, skimming frequently, then strain and when cold fold into it $\frac{1}{4}$ cupful plain Mayonnaise (see Index). Nice for steaks, fish or croquettes.

RECIPE 126. HORSERADISH SAUCE.

- | | |
|-------------------------------------|-----------------------------|
| 2 tablespoons cracker
crumbs | 4 level teaspoons
butter |
| 2 tablespoons grated
horseradish | $\frac{1}{4}$ teaspoon salt |
| $\frac{3}{4}$ cup milk | Pinch pepper |

Boil milk, crackers and horseradish fifteen minutes in double boiler, add salt, pepper and butter. Good with boiled meats or fish.

RECIPE 127. SAUCE MORNAY.

One cup Bechamel sauce (see Index), add 1 tablespoonful of grated Gruyere and Parmesan cheese, or $\frac{1}{2}$ tablespoonful of each can be used. When cheese has melted stir in slowly 1 tablespoonful butter, a little at a time.

RECIPE 128. PLAIN UNCOOKED MAYONNAISE.

1 egg yolk	$\frac{1}{2}$ teaspoon pepper
2 tablespoons vinegar	$\frac{1}{4}$ teaspoon paprika
or lemon juice	$\frac{1}{2}$ teaspoon dry mus-
$\frac{1}{2}$ to 1 teaspoon	tard
salt	2 tablespoons boiling
1 cup oil	water

To mix: Break the yolk of the egg into a bowl. Cream it well, add one tablespoon of vinegar or lemon juice, beat with Dover egg beater for a minute, then add the second tablespoon of acid; beat well. Now add the dry seasonings and beat for a minute, then add one teaspoon of oil, stir with the egg beater rapidly for a minute, add another teaspoon of oil, beat rapidly, repeating the process until you have beaten in six teaspoons of oil. Then take one tablespoon of oil, beat it in, repeating this until you have added six tablespoons of oil. After this the oil can be added more rapidly, until it has all been beaten in.

To remove the oily look and give it a velvety smoothness, after Mayonnaise is made, add 1 tablespoon boiling water and beat it in thoroughly. Then add a second tablespoon of boiling water and beat well. This Mayonnaise will keep several weeks well bottled in a cool place. It is the Mother sauce of many other sauces.

RECIPE 129. TARTARE SAUCE.

$\frac{1}{2}$ cup Mayonnaise (see Index)
1 young onion, minced

One tablespoon each sour minced pickles, olives, capers and parsley.

RECIPE 130. GREEN RAVIGOTE SAUCE.

To Tartare Sauce add a little chopped, boiled spinach.

RECIPE 131. TARTARE MOUSSELAINE SAUCE.

To $\frac{1}{2}$ cup of Tartare sauce, just before serving, add $\frac{1}{4}$ cup stiffly beaten sweet cream.

RECIPE 132. WHICHE SAUCE.

$\frac{1}{2}$ cup plain Mayonaise	1 minced sour cucum-
$\frac{1}{4}$ cup tomato catsup	ber pickle
1 minced pimiento	1 tablespoon minced
1 minced green pepper	parsley
1 minced young onion	

Delicious on croquettes or fried fish.

RECIPE 133. CUCUMBER PICKLE SAUCE.

Shred sour cucumber pickles into shoe strings. Add 1 or 2 tablespoons to $\frac{1}{2}$ cup plain Mayonnaise and $\frac{1}{4}$ cup tomato catsup.

RECIPE 134. MAYONNAISE CAPER SAUCE.

$\frac{1}{2}$ cup plain Mayonnaise 2 tablespoons capers
 $\frac{1}{4}$ cup tomato catsup

RECIPE 135. THOUSAND ISLAND SAUCE.

$\frac{1}{2}$ cup plain Mayonnaise 1 tablespoon minced
 $\frac{1}{4}$ cup tomato catsup beets
 1 minced pimienta 1 teaspoon Worces-
 1 minced green pepper tershire sauce
 1 peeled and minced $\frac{1}{4}$ teaspoon dry mus-
 cucumber tard

RECIPE 136. BORDELAISE SAUCE.

Melt 1 tablespoon butter, add 1 minced onion, 2 slices carrots, 2 sprigs parsley, 1 small bay leaf, 1 whole clove and $\frac{1}{4}$ teaspoon pepper. Cook slowly until brown. In meantime put into a stew pan, $\frac{1}{4}$ cup claret and 1 or 2 slices garlic or onion. Simmer until reduced one-half. When vegetables have browned, add 2 tablespoons flour, $\frac{1}{2}$ cup stock and the claret. Let simmer 5 minutes. Season to taste with salt, pepper and paprika. Parboil a few pieces of marrow, lay on steak and pour hot, strained sauce over the steak.

RECIPE 137. MAITRE D'HOTEL BUTTER.

$\frac{1}{4}$ cup butter $\frac{1}{4}$ teaspoon each of
 1 tablespoon minced pepper and paprika
 parsley 1 tablespoon lemon
 $\frac{1}{2}$ teaspoon salt juice

Cream the butter, add parsley and seasoning, then add the lemon juice drop by drop, stirring it in thoroughly. Do not cook it, but put on hot steak, fish or chicken just before serving.

RECIPE 138. BECHAMEL SAUCE.

This can be made from either meat stock or fish stock, according to whether it is to be served with meat or fish.

For stock simmer vegetables 25 minutes.

1 small onion sliced	$\frac{1}{2}$ teaspoon salt
1 small carrot sliced	$\frac{1}{8}$ teaspoon pepper or
2 sprigs of parsley	6 peppercorns
1 cup of White Stock, strain	

2nd Part.

Melt 1 tablespoon butter, add 2 tablespoons flour, stir together over fire, till smooth, then add $\frac{1}{2}$ cup boiling milk, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper. Into this white sauce slowly add the hot stock.

RECIPE 139. YELLOW BECHAMEL SAUCE.

If Yellow Bechamel Sauce is desired beat the yolks of 2 or 3 eggs till creamy, stir into them 2 or 3 spoons of the hot sauce, then stir the eggs into the remaining sauce. This will prevent the eggs from curdling.

RECIPE 140. SAUCE ROYALE FOR COLD FISH.

2 tablespoons oil	$\frac{1}{4}$ teaspoon salt
2 tablespoons vinegar	If desired add 1 table-
1 tablespoon Worces-	spoon minced on-
tershire sauce	ions or parsley or
$\frac{1}{8}$ teaspoon pepper	pimientoes

Beat oil and vinegar well, add sauce, then seasoning. Pour this over any cold left over fish, but is especially nice over salmon or fresh mackerel. Canned fish can be used. Put the fish on a platter, garnish with border of hard boiled eggs, or pickled beets or sour cucumber pickles, then pour Sauce Royale over all.

RECIPE 141. HOLLANDAISE SAUCE.

$\frac{1}{2}$ cup butter	1 tablespoon lemon
2 yolks eggs	juice
$\frac{1}{4}$ teaspoon salt	$\frac{1}{3}$ cup boiling water
	Pinch red pepper

Divide butter into three pieces, beat the yolks of the eggs slightly, add lemon juice and one-third of the butter. Heat in a double boiler, stirring constantly until it thickens, then add one-third of the butter, beat in well and last the third piece of butter. Stir for a moment, then remove from fire or it will curdle.

RECIPE 142. BEARNAISE SAUCE.

3 eggs, yolks	2 tablespoons hot water
3 tablespoons olive oil	$\frac{1}{4}$ teaspoon salt
	Pinch red pepper
	$\frac{3}{4}$ tablespoon vinegar

Beat eggs slightly, add other ingredients, cook in a double boiler until it thickens. If desired, add a little thick tomato puree to make a red sauce.

RECIPE 143. CAPER SAUCE.

To $\frac{1}{2}$ cup Drawn Butter Sauce add 1 or 2 tablespoons capers and 2 tablespoons vinegar.

RECIPE 144. PARSLEY SAUCE.

$\frac{1}{2}$ cup White Sauce No. 1 (see 110)
3 tablespoons minced parsley

RECIPE 145. CREAM MUSHROOM SAUCE.

$\frac{1}{2}$ cup White Sauce No. 1 (see 110)
3 tablespoons sliced mushrooms

RECIPE 146. BROWN MUSHROOM SAUCE.

To $\frac{1}{2}$ cup No. 116, add $\frac{1}{4}$ cup sliced or minced mushrooms.

RECIPE 147. PERIGEUX SAUCE.

1 tablespoon butter	2 tablespoons tomato puree
2 thin slices onion	$\frac{1}{4}$ teaspoon salt
2 thin slices carrots	$\frac{1}{4}$ teaspoon paprika
1 tablespoon flour	$\frac{1}{4}$ cup white wine
	$\frac{1}{2}$ cup meat broth

Melt butter and brown in it onions and carrots, add flour, stir, add broth, tomato puree and seasonings. Let it boil up once then add wine; strain and serve.

RECIPE 148. OYSTER SAUCE.

Parboil $\frac{1}{2}$ cup of oysters for three minutes till they curl, then add to them $\frac{1}{2}$ cup White Sauce No. 1 (see 110). Serve hot on boiled fish.

RECIPE 149. CELERY SAUCE.

Boil 1 cup celery in just enough salted water to cook until celery is soft, then rub it through a strainer and add it to $\frac{1}{2}$ cup No. 1 White Sauce (see 110).

RECIPE 150. MINT SAUCE.

$\frac{1}{2}$ cup vinegar	1 teaspoon sugar
2 tablespoons minced mint leaves	

Stir all together in sauce pan and let it stand where it will get a little warm and have it infuse at least 30 minutes. If vinegar is very strong add a little hot water.

RECIPE 151. MINT JELLY FOR ROAST LAMB.

$\frac{1}{2}$ cup vinegar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ tablespoon gelatine
$\frac{1}{2}$ cup chopped mint	

Cover gelatine with one tablespoon cold water. Boil mint, vinegar, sugar and salt for five minutes, add the soaked gelatine, stir until dissolved, strain through a cloth and if a beautiful green color is desired use a few drops of any good green fruit coloring. Pour into a jelly glass. Set away to get cold. Will keep several days.

RECIPE 152. RUSSIAN SAUCE.

1 cup White Stock No. 2	1 teaspoon minced onion
$\frac{1}{2}$ teaspoon French mustard	1 teaspoon lemon juice
1 teaspoon horseradish	$\frac{1}{4}$ cup cream

Heat together for two minutes the white stock, mustard, horseradish and onion, then add cream and then the lemon juice. Delicious over hamburger steak or small steaks, like fillet mignons.

RECIPE 153. VINAIGRETTE SAUCE.

1 tablespoon vinegar	$\frac{1}{8}$ teaspoon paprika
3 tablespoons oil	1 tablespoon sour cucumber minced
$\frac{1}{4}$ teaspoon salt	1 tablespoon olives minced
$\frac{1}{2}$ teaspoon capers	
$\frac{1}{8}$ teaspoon pepper	

Vinaigrette sauce is a French dressing with chopped pickles, onions, or olives, or capers, added to it in about this proportion for each person.

Nice on cold canned asparagus and is also good on cold lamb.

RECIPE 154. CUMBERLAND SAUCE FOR VENISON.

1 $\frac{1}{4}$ cup currant jelly	2 tablespoons Sultana
$\frac{1}{2}$ cup Port wine	raisins
2 tablespoons citron	2 tablespoons shredded
2 tablespoons Maraschino cherries	almonds

Cut the citron into very thin, small pieces, slice the cherries in half, add the raisins and cover the mixture with port wine for several hours. Drain and add $\frac{1}{4}$ cup port wine and let simmer for a few minutes. Make a Brown Sauce (see Index), and the Currant Jelly, then blanch and shred the almonds and add the fruit. Stir well, serve hot.

RECIPE 155. SAUBISE SAUCE.

Boil 1 cup onions until soft, press through a strainer. Stir into 1 cup No. 1 White Sauce (see 110). Season to taste.

RECIPE 156. SAUCE PIQUANTE.

Mince 1 young onion, fry golden brown in 1 tablespoon butter, add 1 tablespoon vinegar, 1 tablespoon capers and 1 tablespoon chopped cucumber pickles. Heat well and add $\frac{1}{2}$ cup Brown Sauce (No. 115).

CHAPTER VI

Entrees.

To the careful housewife the judicious use of Entrees offers an endless field for economical cooking. Under recipes to be found in this chapter and also in chapter on Left Overs will be found many suggestions which will make it unnecessary for a crumb of anything left from the table, to be wasted. Frequently there is a small portion of two or three dishes, not enough of any one for another meal, but in combination with other things an entirely new dish can be built up with very little expense. Study these two chapters carefully and you will be delighted with the unlimited opportunities they offer for reducing household expenses.

Entrees are served at almost any stage of a meal, sometimes several at the same meal, in elaborate meals, and they are formed from every possible article than can be cooked, such as meat, fish game, shell fish, vegetables, milk, eggs, cheese, fruit, etc.

Entrees cover all of the escalloped dishes, souffles, casserole cooking, sauted dishes, deep fat fried articles like croquettes and cutlets, etc.

ESCALLOPED DISHES.

Study the many sauces in Chapter V. They are the foundation of nearly all escalloped dishes and by the judicious choice of a sauce you can use up all of the Left-Overs from day to day.

SOUFFLES.

The foundation of nearly all souffles is one of the White sauces and many left-over vegetables, fish, fruit, meats and desserts can be utilized in souffles. Study the chapters on Entrees and Left-Overs.

CASSEROLE COOKING.

Cooking in a casserole is an especially desirable way of retaining the flavors and juices of articles cooking, and is a dainty and appetizing way of using up Left-Overs.

RULES FOR DEEP FAT FRYING.

A granite sauce pan with a handle or an iron pot called a Scotch bowl should be used for deep fat frying. Have the pot not more than one-half full of melted fat. All of the vegetable oil preparations are better than lard as they can be heated to a greater degree of heat than can any animal fat. In deep fat frying the article to be cooked must be subjected to the fat hot enough to quickly seal in the juices, and to seal out the grease so that it cannot penetrate the article which is frying. Therefore the fat must be very hot before placing any articles in it. For all articles which are prepared of cooked materials, like meat or vegetable croquettes or cutlets, the fat should be just hot enough to fry the article in 40 seconds. When uncooked articles are to be used, such as fish slices or small fish, like smelts, or raw potatoes for French fried potatoes, or raw bananas for banana croquettes, the fat must not be so hot, for the article must not brown in less than 60 seconds. To ascertain the state of the heat of fat, throw a small piece of bread crust into the hot fat. Then count about as fast as a watch ticks (allowing one count to the second), and you can tell at once whether the fat is right heat. When articles are cooked, remove and drain on a paper. Do not cook too many at one time, and always heat the fat for a minute before adding next articles to be cooked. When articles have all been fried, the fat in the sauce pan should be strained through a clean cloth to remove all the bread crumbs which have cooked loose from different articles. If allowed to remain in the fat, they will stick to articles cooked in it the next time you use it. Fat strained in this way may be used many times over and over. When it begins to get too brown looking for deep fat frying it can still be used for sauteing any articles in the frying pan and so all of it can be used without any loss.

Dry bread crumbs are better than cracker crumbs for deep fat frying as they do not absorb the fat so readily. All articles for deep fat frying are subjected to the following process. The crumbs must be dry and crisp. Put crumbs into a flat dish so that they are easily handled. Break an egg into another flat dish, add about one tablespoon of milk or water. Dip articles to be fried first into bread crumbs, then into the egg, then again into the bread crumbs. This process is called, "Crumb, egg and crumb" and will be referred to many times in this book. Egg is used because the albumen in it readily hardens and forms a crisp crust with the crumbs, leaving

the inside of croquette or cutlet nice and creamy, while outside is in a firm crust. This crust forms so quickly that with fat at proper heat when article is put into it, there will be no grease absorbed by it.

RECIPE 157. MEAT CROQUETTES OF EITHER BEEF, LAMB, VEAL, CHICKEN, TURKEY, ETC.

A general rule for meat croquettes of all kinds, using either fresh meats or cooked over meats. Read carefully the rules for Deep Fat Frying before beginning to cook croquettes.

1 cup meat, minced	1 onion minced
2 level tablespoons butter	8 mushrooms
1 tablespoon flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup stock or milk	$\frac{1}{4}$ teaspoon each pep- per and paprika
1 egg	

Grind onion fine and put into frying pan with the butter. Saute it a light brown slowly, stirring it frequently. Add the flour, stir quickly for two or three minutes, add stock or milk and simmer until it thickens, add seasoning. Grind one cup meat and eight mushrooms together and stir this into the onion mixture. Now stir in the egg yolk thoroughly for a minute or two until egg is "set," then take from fire and put away to cool and "set." This mixture can stand several hours or can be chilled quickly on ice. When within fifteen minutes of meal time put on a kettle with plenty of fat in it, about one-half full, and let it heat while you shape the croquettes. Stir mixture thoroughly, then take a heaping tablespoon of it, shape into a croquette, roll in dry bread crumbs, then in egg, white, diluted with milk or water, then again in bread crumbs. Make required number of croquettes. (This recipe makes six to eight.) When fat is hot fry them about forty seconds until a nice brown. Drain on paper to absorb fat and serve hot at once.

Serve with some nice sauce. See chapter on sauces.

RECIPE 158. FISH OR MEAT CUTLETS.

Use any croquette mixture, but shape with flat forms, instead of round. Fry in deep fat.

Fish Croquettes

RECIPE 159. FISH, LOBSTER, SHRIMP, CRAB, SCALLOP, ETC.

1 cup cold boiled fish (flaked)	1 teaspoon lemon juice
½ cup No. 3 White Sauce	1 teaspoon onion juice, or
⅛ teaspoon paprika	1 teaspoon minced parsley

Set away to cool, then shape—crumb, egg and crumb—fry in deep fat. Serve hot, with sauce (see Fish Sauces).

RECIPE 160. RICE AND CHEESE CROQUETTES.

1 tablespoon butter	¼ teaspoon each of paprika and pepper
1 tablespoon flour	1 cup cooked rice
½ cup milk	5 tablespoons grated cheese
¼ teaspoon salt	

Melt butter, add flour, then milk and seasoning. When smooth add rice and then cheese. Stir well until cheese is all melted. Set away to get cold. When ready to serve take a tablespoon at a time, shape into croquettes. Crumb, egg and crumb. Fry in deep fat until brown (about one minute). Serve at once.

RECIPE 161. OYSTER, SPAGHETTI OR MACARONI CROQUETTES.

⅓ cup spaghetti or macaroni	2 tablespoons grated cheese
½ cup No. 2 White Sauce	⅛ teaspoon paprika
1 cup oysters	1 pinch mace
	½ teaspoon lemon juice

Break spaghetti or macaroni in one-half inch pieces and cook in salted boiling water until tender, then pour off hot water and cover with cold water for five minutes. Parboil oysters until they "ruffle." Take only the soft part, chop it a little, then mix it with the macaroni or spaghetti. Make a No. 2 White Sauce, dissolve the cheese in this, add seasoning, then oyster mixture. Set away to get cold. Then shape into croquettes, dip in dry bread crumbs then egg and milk, then again crumbs, and fry in deep fat. Serve very hot, with a sauce of some kind (see Fish Sauces).

RECIPE 162. RICE CROQUETTES.

$\frac{1}{2}$ cup boiling water	1 cup hot milk
$\frac{1}{2}$ cup rice	1 tablespoon butter
$\frac{1}{2}$ teaspoon salt	yolks 2 eggs

Cover rice with a little boiling water, let stand one minute, pour off hot water and wash rice, rubbing well in palms of hands, through cold water several times. This bleaches it. Put rice in double boiler with one-half cup boiling water. Cook till water is absorbed, then pour on boiling milk and cook until tender. Then remove from fire, add butter and beaten yolks. Spread on a plate to cool. Shape into balls, crumb, egg and crumb and fry. Can be made attractive by taking enough for a good-sized ball, flatten it a little as for a cutlet, dip in crumbs, then press a cup into it to make a hollow in it. Now roll it in egg and crumb again, fry in deep fat. This makes a "nest." Nice for jelly or creamed peas or carrots.

RECIPE 163. SWEETBREAD CROQUETTES.

Parboil sweetbreads, remove membrane. Use recipe No. 158, substituting sweetbread for fish.

SURPRISE CROQUETTES.

See Index.

PARSNIP CROQUETTES.

See 389.

RECIPE 164. FRITTER BATTER NO. 1.

Sift $\frac{3}{4}$ cup flour, $\frac{3}{4}$ teaspoon baking powder and $\frac{1}{4}$ teaspoon salt together. Beat 1 egg until it is creamy, add $\frac{1}{2}$ cup milk, then flour and baking powder. Let this batter stand one hour, then it is ready to use. Dip article in it until well covered. Fry in deep fat one minute.

RECIPE 165. FRITTER BATTER NO. 2.

1 cup flour	3 tablespoons pow-
$1\frac{1}{2}$ teaspoons baking	dered sugar
powder	$\frac{1}{3}$ cup milk
$\frac{1}{4}$ teaspoon salt	1 egg

Sift dry ingredients together, add the milk slowly and last the well-beaten egg. Nice for fruit fritters.

RECIPE 166. ENGLISH SAUSAGE PIE.

Lay in a buttered baking dish $\frac{1}{2}$ pound of sausages that have been cut into short pieces. Turn into a mixing bowl 1 cup of flour and add a pinch each of sugar, pepper and salt, one scant teaspoon of baking powder, 2 well-beaten eggs, 1 large cup of tomato sauce and a very little grated onion. Beat batter until very smooth, pour over the sausages and bake in a good hot oven until firm and brown.

RECIPE 167. VEGETABLE SOUFFLE.

1 cup vegetable	2 eggs
mashed	$\frac{1}{4}$ teaspoon salt
1 cup No. 3 White	$\frac{1}{8}$ teaspoon pepper
Sauce (see Index)	

Mash well-cooked vegetables and press through a strainer. One vegetable alone may be used or several kinds together, such as tomatoes, onions, carrots, turnips, asparagus, etc.

Cream the yolks of eggs, add them to the White Sauce, add vegetable and season. Beat whites of eggs as stiffly as possible, fold them into the White Sauce lightly, pour mixture into a well-buttered, deep-baking dish. Bake in a hot oven about twenty minutes, or until the souffle has "set" clear to the center. To be eaten at once. The stiffer the whites of eggs are for all souffles the better they will be.

RECIPE 168. CHEESE SOUFFLE.

2 tablespoons butter	$\frac{1}{4}$ cup grated sharp
$\frac{1}{2}$ cup milk	cheese
3 tablespoons flour	Seasoning to taste
	3 eggs

Melt butter, add flour, rubbing it in smoothly, add milk, stir until it thickens, add seasoning of salt, pepper and a little paprika, then add cheese, stir until it has all melted smoothly. Cream yolks of eggs, add them to cheese sauce, and last, fold in stiffly beaten whites. Butter a deep baking dish and bake in a moderate oven twenty minutes. Serve at once in dish in which it has baked.

RECIPE 169. SPAGHETTI AND CHEESE SOUFFLE.

Boil one cup spaghetti until tender in boiling salted water, drain off the hot water, cover spaghetti with cold water for five minutes. Cut it in pieces about an inch

long. Make the Cheese Souffle recipe and add the cup spaghetti to it. Left-over spaghetti and cheese can be used for this souffle, but discard any hard brown pieces. Use fresh cheese.

RECIPE 170. MACARONI AND CHEESE SOUFFLE.

One-half cup cold boiled macaroni cut up into inch pieces. Follow directions for making Cheese Souffle. Add macaroni pieces to the White Sauce, then add cheese and proceed as for Cheese Souffle. Left-over macaroni and cheese can be used for this souffle. Discard any hard brown pieces. Pay no attention to cheese with which the left-over is flavored. Use fresh grated cheese also.

RECIPE 171. CHEESE AND NOODLES SOUFFLE.

Boil one cup noodles until tender in salted water. Drain off hot water. Cover with cold for a minute. Drain again and add noodles to recipe for Cheese Souffle. Have noodles cut in about one inch lengths after they are boiled.

RECIPE 172. HAMBURGER SOUFFLE.

1 cup hamburger	½ cup fresh bread
1 tablespoon minced parsley	crumbs 2 eggs
1 cup No. 3 White Sauce	

Separate eggs, beat yolks and add to meat, bread crumbs and parsley. Stir the White Sauce through meat mixture, season with salt and pepper to taste, beat whites to a very stiff froth, and fold into mixture. Butter a deep baking dish, put in the souffle and bake fifteen minutes. This souffle will be all the better if three eggs are used. Serve hot in dish in which it baked.

RECIPE 173. RICE-CHEESE SOUFFLE.

Follow the directions for making a Cheese Souffle, but add ½ cup boiled rice to the White Sauce just after you put in the cheese.

RECIPE 174. SPAGHETTI ROYALE.**First Part.**

1 can tomatoes	$\frac{1}{2}$ teaspoon salt
3 medium onions, minced	$\frac{1}{2}$ can hotel mush- rooms, sliced
1 red pepper, minced	$\frac{1}{2}$ tablespoon Worces- tershire sauce
1 garlic, minced	$\frac{1}{2}$ cup sharp cheese grated
$\frac{1}{4}$ cup Sherry wine	
$\frac{1}{4}$ teaspoon Tabasco sauce	

Mince the onion, add other ingredients and let them all simmer for one hour. Then add Sherry wine, and the cheese, stir until well mixed.

Second Part.

Make a strong broth from either $\frac{1}{2}$ pound of hamburger steak or $\frac{1}{2}$ pound of lean soup meat, covered with 1 pint cold water and simmered down to $\frac{1}{2}$ pint of broth. Let this be cooking at the same time as the First Part.

Third Part.

One-half package imported spaghetti. Cover it with plenty of boiling salted water and let cook until tender, then remove from fire, drain off hot water and cover it for five minutes with cold water.

Fourth Part.

When First Part has cooked one hour, also the Second Part, and spaghetti has been cooked and washed with cold water, put all three parts together in a large bowl and mix them all together well with a couple of forks, turning them until all of spaghetti is well covered with the tomato and cheese mixtures. Now place all of the mixture in a deep baking dish, cover with buttered bread crumbs, and bake in oven fifteen minutes. This will serve five people very bounteously and will leave enough for the next day. It is even better when warmed over, but it is well to add another cup of broth, or Sherry wine, before reheating in the oven. If a smaller recipe is desired, just divide this in half.

RECIPE 175. SPAGHETTI ITALIAN.

Boil spaghetti until tender, then wash well with cold water. Reheat well mixed with 1 can of any good canned tomato soup. Place on a hot platter and serve sharp grated cheese with it.

RECIPE 176. TOMATOES IN THE HALF SHELL.

Cut solid tomatoes into halves. Put them in a baking pan, dust them with salt and pepper and pour over four tablespoon of olive oil. Bake in a moderately hot oven for a half hour. Lift the tomatoes to a platter, add two tablespoons of flour to the pan, mix, add $\frac{1}{2}$ pint of milk and stir until boiling. Add a teaspoon of kitchen bouquet, a teaspoon of salt and a saltspoon of pepper. Pour over the tomatoes and serve on toast if desired.

RECIPE 177. BEEF OLIVES.

1 thin slice from the round steak	1 tablespoon chopped parsley
$\frac{1}{2}$ cup bread crumbs	1 teaspoon salt
6 tablespoons flour	1 saltspoon black pepper
1 pint stock or water	2 tablespoons butter
1 teaspoon kitchen bouquet	

Put the bread crumbs in a bowl, add salt, pepper and 2 tablespoons butter. Cut the meat in strips one inch wide and three inches long; cover them with a layer of the bread crumbs, roll and tie. Put 4 tablespoons shortening into a saucepan; when hot put in, a few at a time, the "beef olives," as they are now called, and shake until browned. Add the flour to hot fat in the pan, mix and add the stock or water, kitchen bouquet and an extra $\frac{1}{2}$ teaspoon of salt and a dash of Tabasco Sauce. Put in the "olives," cover the saucepan and simmer gently for one hour. Remove the strings before sending to the table.

RECIPE 178. GERMAN ROUND STEAK.

(A good imitation of Breaded Veal Cutlet.)

Pound round steak on both sides with the sharp edge of a knife. Cut into sizes for serving. Season each side, dip each piece into beaten egg, then fine dry bread crumbs and fry in hot drippings. When done, remove to a hot platter, mix flour with the drippings remaining in the pan and add 1 cup milk. Stir and cook three to five minutes, pour over the meat and serve. Garnish with parsley.

RECIPE 179. VIENNA HAMBURGER STEAK.

Form Hamburger steak into a large, flat cake. Brown quickly on both sides in a hot skillet, without adding any grease. To a pound of the meat, mix together 1 cup milk, 1 teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Pour over the meat, cover, and cook slowly until all the moisture is absorbed. Enough for four persons.

RECIPE 180. VEGETABLE CURRY.

1 large onion, sliced	$\frac{1}{2}$ teaspoon curry powder
1 pint green peas	
1 cup diced turnips	2 tablespoons butter
$\frac{1}{2}$ cup shredded carrots	1 tablespoon lemon juice
2 cups diced potatoes	
1 cup boiling water	

Fry onion in the butter till yellowed, and add to this the boiling water mixed with curry powder and lemon juice. Cook for five minutes; then turn in the remaining vegetables, which should all be cooked previously. Let stand for ten minutes in the curry and serve very hot. This is particularly good with cold lamb or veal, and can be made of various left-over vegetables as long as the general proportions are heeded.

RECIPE 181. BEEFSTEAK PIE (French Style).

Take a nice piece of beef, rump or sirloin, cut in small slices; slice also a little raw ham; put both in a frying pan, with 2 tablespoons butter and 1 chopped onion; let them simmer together a short time; add 2 tablespoons flour and 1 cup stock to make sauce; salt, pepper, chopped parsley and a little Worcestershire sauce as seasoning; add also a few sliced potatoes, and cook together for about 20 minutes; put this into a pie-dish, with a few slices of hard-boiled eggs on the top and cover with a layer of biscuit dough. Bake from 15 to 20 minutes in a well-heated oven. All dark-meat pies can be treated precisely in the same way. If poultry, leave the potatoes out.

RECIPE 182. HAMBURG LUNCHEON DISH.

$\frac{3}{4}$ pounds Hamburg steak	8 small round potatoes
1 teaspoon salt	2 tablespoons butter or six small strips of bacon
$\frac{1}{4}$ teaspoon pepper	
$\frac{1}{2}$ can condensed vegetable soup	

Mix the seasonings with the meat and pat into a thin loaf; sprinkle the bottom of the roasting pan with flour, place the meat in the pan, and dredge with a little flour and salt. Dispose the butter or bacon over the meat and place the potatoes around it, after paring and boiling for ten minutes. Dust them with flour and place a bit of butter on each. Roast for thirty minutes in a moderate oven. In the meantime warm the soup, and

when meat is done, place it on a platter, pour the heated soup around it, and garnish with the potatoes. Boiled rice can be substituted for the latter and served in a ring round the meat. Sage or onion juice can be added to season the meat further if desired.

RECIPE 183. ESCALLOPED LEFT-OVER MEAT.

1 cup chopped cooked meat	1 cup dry bread or cracker crumbs
1 cup No. 2 White Sauce, or	$\frac{1}{2}$ teaspoon salt
1 cup Creole sauce	$\frac{1}{4}$ teaspoon pepper and paprika

Put a layer of crumbs in a buttered baking dish, then alternate layers of meat, White Sauce, crumbs and seasoning, having the last layer White Sauce covered with buttered bread crumbs. Bake until brown. As "left-over" meat has not the flavor of fresh meat, special care should be given to the seasoning. The addition of onions, tomatoes, a green pepper, a pimiento, a little "poultry seasoning"—any one of these will give an added flavor.

RECIPE 184. HAMBURGER WITH SPAGHETTI OR MACARONI.

1 cup tomatoes	$\frac{1}{2}$ cup minced green peppers
$\frac{1}{2}$ cup minced onion	$\frac{1}{2}$ teaspoon salt
1 teaspoon Worces- tershire sauce	$\frac{1}{4}$ teaspoon pepper
1 bay leaf	

Simmer slowly for one hour.

Second Part.

Put $\frac{1}{4}$ package imported spaghetti or macaroni in rapidly boiling salted water, cook until tender, pour off hot water and cover with cold water for five minutes; drain again, then toss lightly with $\frac{1}{2}$ cup good sharp cheese, grated, and set on stove to keep warm.

Third Part.

Take $\frac{1}{2}$ pound hamburger, place in a hot frying pan with 2 tablespoons of butter. Stir constantly until the meat takes on a gray look, then add the tomato mixture, stir well, and finally turn this over the macaroni and cheese mixture. Stir lightly for a minute or two and pile on a platter. Serve very hot.

RECIPE 185. STUFFED LAMB KIDNEYS.

Cut 6 lamb kidneys partly in half, just enough to remove white cord inside, and soak in salted water one-half hour. Then rinse in fresh water and wipe dry.

Make a dressing of $\frac{1}{2}$ cup cracker crumbs, yolk of one egg, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon each pepper and paprika. Stuff this into each kidney. Close the opening with two wooden toothpicks. Roll in flour in which is placed $\frac{1}{2}$ teaspoon mustard and $\frac{1}{4}$ teaspoon salt, and $\frac{1}{8}$ teaspoon each pepper and paprika. Saute a nice brown in frying pan, cover with milk and let simmer thirty minutes. Thicken gravy. Place kidneys on toast and pour gravy over them. If Brown Sauce is desired add 1 teaspoon of kitchen bouquet. One teaspoon of Worcestershire sauce will add to flavor.

RECIPE 186. KIDNEYS WITH WINE SAUCE.

Follow recipe for Stuffed Lamb Kidneys, substituting Sherry wine for milk, using about $\frac{1}{2}$ cup sherry and $\frac{1}{2}$ cup hot water, simmer, thicken sauce a little. Serve on toast.

RECIPE 187. KIDNEYS WITH MUSHROOM SAUCE.

Stuff the kidneys as in Stuffed Kidneys (see 185), saute a nice brown, add 1 cup hot water, 1 teaspoon kitchen bouquet, $\frac{1}{2}$ can of mushroom liquor, and $\frac{1}{2}$ can sliced mushrooms, simmer thirty minutes, thicken sauce, add 2 or 3 drops of Tabasco sauce. Serve on hot toast. One tablespoon of lemon juice adds to flavor.

RECIPE 188. KIDNEYS COUNTRY STYLE.

Follow recipe for Hamburger Country Style (see Index), substituting kidneys for hamburger.

RECIPE 189. FRIED KIDNEYS WITH TOMATOES.

Cut 6 lamb's kidneys in halves, take off the outside skin and remove the core; let stand $\frac{1}{2}$ hour in salted water. Melt one tablespoon of butter in a frying pan, put in the kidneys, cut side down, and let them fry for two minutes; then turn them, and cook for three minutes; keep hot. Prepare neat rounds of bread about three inches across; fry in the butter and gravy left in the pan. Cut three firm slices of tomato; cook until just tender, in the frying pan or oven. Arrange the bread on a hot dish, on each piece place a slice of tomato, then a kidney sprinkled with salt and pepper.

RECIPE 190. TOASTED TOMATOES.

Cut a sufficient number of slices of toast. Use a good-sized biscuit cutter and shape bread into rounds. Toast a nice brown and on each round lay a slice of tomato. Cover the tomato with a mild grated cheese, a few buttered bread crumbs, season well and bake until the tomato is done—about five minutes. Serve very hot.

RECIPE 191. BAKED TOMATOES.

Select firm tomatoes. Cut off a slice at the stem end; with a small spoon carefully remove inside pulp without breaking the skin. Season inside of tomato with pepper and salt and turn upside down on a plate to drain for half an hour. Save pulp from the inside of tomatoes and add it to a meat mixture with which you stuff tomato. This mixture can be varied. Use any sort of cold minced meat, a few buttered bread or cracker crumbs and the tomato pulp. Season well, put into the tomato, bake until tomato is done—about fifteen minutes.

RECIPE 192. BAKED TOMATOES WITH SPAGHETTI OR MACARONI.

Any left-over macaroni, or spaghetti and cheese can be cut into small pieces and added to the stuffing of a tomato then baked.

RECIPE 193. TOMATOES BAKED WITH NUTS.

1 cup canned tomatoes	1 cup dry bread crumbs
1 cup chopped pecan nuts	2 tablespoons butter
	Seasoning to taste

Melt butter, stir into it the bread crumbs. Butter a deep baking dish, spread a thin layer of bread crumbs on the bottom, then alternate layers of tomatoes, nuts and crumbs, season each layer lightly with salt, pepper and paprika. Have the last layer of buttered bread crumbs. Bake in oven about twenty minutes.

RECIPE 194. SCOTCH HALIBUT—TWO PERSONS.

(Any White Meat Fish may be substituted.)

1 cup cooked fish	1 cup milk
½ cup mashed potatoes	2 tablespoons grated cheese
1 egg yolk	1 tablespoon minced parsley
2 tablespoons butter	Seasoning to taste
2 tablespoons flour	

Remove skin and bone from fish and break into small flakes. Drop the egg yolk in the potato and whip with a fork until very light, then add the fish. Melt the butter, stir in the flour until smooth, pour on gradually the milk and cook until it thickens. Add the cheese (reserving enough to sprinkle the top) and the parsley. Remove from fire and mix with the fish and potato. Season. Turn into a well buttered casserole or baking dish, sprinkle balance of cheese and a few bits of butter over the top and bake in a hot oven for about 20 minutes, until thoroughly heated and the top a delicate brown.

RECIPE 195. FRESH TOMATOES STUFFED WITH CORN.

Use tender young green corn when possible. Canned corn may be used but should be drained dry as possible. Take one tomato for each person. It should be large and firm, but ripe. Cut off a slice from the stem end and carefully scoop out pulp from center, season the tomato with salt, turn upside down for half an hour to drain, then fill with a stuffing made as follows:

Enough corn to fill the tomatoes, season well with salt and paprika, melt a little butter and mix the corn well with it. Bake twenty minutes. A few buttered bread crumbs can be added on top before baking. A minced green pepper added to the corn stuffing is very nice. Also, instead of using butter with the corn, fry a piece of bacon until very crisp, then crush it well, turn the corn into frying pan with bacon and its fat, then stuff the tomatoes with corn and bacon.

RECIPE 196. FRESH TOMATOES STUFFED WITH NUTS.

Select firm, ripe tomatoes. Cut off a slice from the stem end of each one. Carefully remove pulp from the center. To this minced pulp add a few ground nuts, a few buttered bread crumbs, a little minced onion, 2 or 3 tablespoons minced boiled ham. Stuff the tomatoes and bake them twenty minutes. Seasoning to taste.

RECIPE 197. STUFFING FOR BAKED TOMATOES.

This can be varied according to the time of the year. The bread crumbs can have as an addition a green pepper or an onion minced, a few mushrooms or shrimps. Hard boiled eggs, chopped, added to buttered bread crumbs and tomato pulp are very nice.

RECIPE 198. BAKED TOMATOES WITH RICE.

Mix a little cold boiled rice, a minced onion, one slice of thin crisped bacon (crushed), a few buttered bread crumbs and stuff tomatoes. Bake about fifteen minutes.

RECIPE 199. ESCALLOPED CANNED TOMATOES.

1 cup tomatoes	2 tablespoons minced
1 cup minced boiled onions	parsley
	1 cup dry bread crumbs
	2 tablespoons butter

Butter a deep baking dish, put into it alternate layers of vegetables and bread crumbs. Place a layer of crumbs on top, spread butter in little bits over the crumbs. Bake ten minutes in oven. This dish can be altered by combining with it any vegetable in season. Very nice with corn, either fresh or canned. Green peppers minced. A few mushrooms. Left-over macaroni and cheese, or spaghetti and cheese can be used.

RECIPE 200. DEVILED TOMATOES.

2 tablespoons butter	$\frac{1}{4}$ teaspoon paprika
$\frac{1}{2}$ teaspoon mustard	3 drops Tabasco sauce
$\frac{1}{2}$ teaspoon salt	1 egg yolk (raw)
$\frac{1}{8}$ teaspoon pepper	1 egg yolk hard boiled
1 white egg, chopped, hard boiled	1 tablespoon vinegar

Allow one tomato for each person. Wash, wipe and peel tomatoes and cut them into slices about half an inch thick. Season and dip them in flour and saute them in a little butter. Place on a hot platter to keep warm while you make the following sauce—this is enough for two persons:

Cream the butter, add the seasoning, the yolk of hard boiled egg, the slightly beaten yolk (raw), then add the vinegar. Heat this sauce for a moment until the raw egg sets. Sprinkle over the tomatoes the chopped white of hard boiled egg and pour sauce over the tomatoes. Serve very hot.

RECIPE 201. TOMATOES BAKED WITH EGGS.

Take firm, medium-sized tomatoes and hollow out the inside, being careful not to break the skin. Break an egg into each one, season, sprinkle with a little grated cheese and a dot of butter on top. Bake in hot oven until egg is firm. The pulp of the tomato can be used for soup the next day.

RECIPE 202. BAKED GREEN PEPPERS STUFFED WITH CORN.

Select some large green peppers. Wash, cut a slice from the stem end, remove seeds, parboil peppers fifteen minutes. Make a stuffing of tender young green corn kernels mixed with a slice of crisp crushed bacon. Stir corn in the fat in frying pan, add a few bread crumbs, just enough to make the mixture hold lightly together. Season to taste. Stuff the green peppers with the mixture, bake ten minutes.

RECIPE 203. BAKED GREEN PEPPERS STUFFED WITH HAM.

Prepare peppers as for Peppers Stuffed with Corn, substituting for the corn mixture the following:

Minced ham, one small minced onion, a few minced mushrooms, some dry bread crumbs, seasoning to taste. Moisten the mixture with some Brown sauce. Fill with the stuffing, put a few buttered bread crumbs on top and bake ten minutes. Pour some Brown sauce over them when ready to serve.

RECIPE 204. BAKED STUFFED PIMIENTOS.

For each person butter a timbale mold slightly, place a canned pimiento in it and stuff the pimiento with a mixture of minced chicken, buttered bread crumbs, a tablespoon minced parsley, yolk of one egg, seasoning to taste, and just enough milk to make the stuffing hold softly together. Put a few buttered bread crumbs on top. Bake until crumbs are brown. Remove from timbale mold. Serve very hot. Minced ham can be used instead of chicken.

RECIPE 205. ESCALLOPED ONIONS AND TOMATOES.

Take equal parts of canned or fresh tomatoes and sliced onions. Let them simmer slowly until onions are very tender, probably a couple of hours. Stir frequently. When mixture is done, season to taste. Butter a deep baking dish, place a layer of mixture, then buttered bread crumbs, alternating until the dish is full. Have the top layer buttered crumbs. Bake ten minutes. A nice addition to this dish is to add one or two layers of corn. Green peppers, minced and added to the tomatoes and onions when cooking are also good.

RECIPE 206. OYSTER SAUSAGE.

½ pound chopped veal	½ cup dry bread
2 tablespoons chopped suet	crumbs
½ pint oysters	½ teaspoon salt
1 egg	Pepper and paprika to taste

Put oysters into boiling salted water until they "ruffle," then chop them up with veal and suet. Add egg and bread crumbs, season, make up into small croquettes and fry in deep fat about one minute. Serve very hot with a nice White Sauce No. 1 (see Index). They can be served without a sauce as a side dish with fried chicken, veal or fish.

RECIPE 207. CORN FRITTERS.

1 egg well beaten	1 teaspoon baking powder
1 cup sweet milk	
1 cup flour	½ teaspoon salt
	½ cup corn

Beat the egg, add it to the milk, add the flour in which has been sifted the baking powder and salt, and last stir in the corn. Drop a tablespoon at a time into deep fat and fry a delicate brown.

RECIPE 208. CORN PUDDING.

1 cup corn	¼ teaspoon salt
½ cup sweet milk	⅛ teaspoon pepper
1 or 2 eggs	⅛ teaspoon paprika

Stir all well together and put into a baking dish and bake in oven until firm and "set." Serve as a hot vegetable.

RECIPE 209. CORN PUDDING WITH CHEESE.

Add 2 tablespoons sharp grated cheese to recipe for Corn Pudding.

RECIPE 210. ESCALLOPED CORN AND TOMATOES.

Fresh, canned or left-over stewed tomatoes and corn can be used. Butter a deep baking dish, place a layer of buttered bread crumbs on the bottom, then alternate layers of corn, tomatoes and buttered crumbs. Place a layer of crumbs on top and bake in a slow oven for about fifteen minutes. One green pepper, minced and added to the tomato layer, or minced green parsley is nice. Serve hot in dish in which it baked.

RECIPE 211. CORN OYSTERS.

1 cup of corn	1 egg
$\frac{1}{2}$ cup dry bread crumbs	Season to taste

Mix corn, bread crumbs and egg thoroughly together, season, and take a tablespoon of the mixture, form it into oblong shape, then fry one minute in deep fat. Nice with veal or chicken.

RECIPE 212. MOCK OYSTERS.

3 ears or 1 can corn	2 tablespoons milk
1 egg	$\frac{1}{2}$ teaspoon salt
3 tablespoons flour	$\frac{1}{2}$ saltspoon pepper

Separate the egg and score and press out the corn. Add the yolk to the corn, then the milk, flour, salt and pepper. Fold in the well-beaten white. Put 8 or 9 tablespoons of fat into a shallow frying pan. When very hot put in the corn mixture by tablespoons; when brown, turn and fry on the other side. Serve as a supper or luncheon dish in place of meat, or as a vegetable.

RECIPE 213. MOCK QUAIL ON TOAST.

Select a piece of round steak about $\frac{1}{2}$ inch thick, and pound on both sides and cut into four-inch squares. To each pound of steak allow 3 thin slices of bacon, $1\frac{1}{2}$ tablespoons minced onion, 1 rounding tablespoon butter or drippings, 2 tablespoons flour and 2 cups milk.

Pound the steak on both sides and cut into squares. On each piece lay a small piece of the bacon and a little onion. Roll up, fasten with toothpicks and roll in the flour. Melt the butter or drippings and when hot, lay in the meat to brown well on all sides. When well browned, pour over it the milk. Cover closely and let simmer very slowly for about two hours. Have ready some hot, slightly buttered toast from which the crusts have been removed, allowing one piece for each "bird." Arrange on a hot platter, put a "bird" on each slice and pour over it a gravy made from the remaining juice in the pan. Garnish with parsley.

RECIPE 214. STEAK CREOLE EN CASSEROLE.

(For two persons)

Take $\frac{1}{2}$ pound flank or round steak, score it lightly on both sides, dip in cold water for a minute, then brush both sides with vinegar. Roll it in flour and saute a nice brown in frying pan with 2 tablespoons of drippings. When brown place in casserole and follow recipe for Veal En Casserole.

RECIPE 215. VEAL EN CASSEROLE.

(For two.)

Take 2 veal chops or $\frac{1}{2}$ pound veal cutlet, roll in flour, and then saute a nice brown in a frying pan. When brown put them in a casserole (or a Boston Baked Bean jar will do) and place on top of veal 1 cup tomatoes, 1 green pepper sliced, 1 onion sliced, 1 pimiento sliced, $\frac{1}{2}$ cup mushrooms sliced, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon each of pepper and paprika. To fat the veal was fried in add 1 cup hot water and 1 teaspoon Worcestershire sauce (if you like it) and pour this (glaze) over the meat and vegetables in casserole. Cover and let cook in a slow oven one hour, then add 1 tablespoon flour, rubbed smooth in a little water. Shake the casserole a little so that flour will be well mixed. The flour acts as a "binder" to thicken the sauce. Serve in the casserole.

RECIPE 216. CHICKEN EN CASSEROLE.

Disjoint a tender chicken, saute a light brown and follow Veal En Casserole recipe (see No. 215).

RECIPE 217. RABBIT OR HARE EN CASSEROLE.

Disjoint, roll in flour, saute and follow recipe for Veal En Casserole (see No. 215).

RECIPE 218. KIDNEYS EN CASSEROLE.

Use either lamb or calf kidneys. Let them soak in salted water thirty minutes, then drain and dry them. If lamb kidneys remove the whitish membrane which covers them and cut out the white cord from inside. Roll them in flour, then follow recipe for Veal En Casserole (see No. 215).

RECIPE 219. MUTTON EN CASSEROLE.

One pound neck of mutton, 1 turnip, 1 carrot, 1 onion, 1 heaping tablespoon of flour, 1 heaping tablespoon of butter, 12 preserved cherries, juice of $\frac{1}{2}$ lemon, 1 tablespoon catsup, 2 tomatoes, 1 cup of stock, salt and pepper. Wipe the meat, then cut it into neat, small pieces. Melt the butter, put in the meat, and fry it on both sides a good brown. Remove the meat, sprinkle in the flour, and brown it carefully. Add the stock, and stir until it boils. Put the meat into the casserole, add the sliced onions and tomatoes, some neatly cut pieces of carrot and turnip, the stock, and a little salt. Put on the lid, and simmer for about two hours, until the meat

is quite tender. Meanwhile, with a round vegetable cutter, cut out balls of carrot and turnip, using the reddest part of the former. Cook these in boiling salted water until tender, then drain and keep them hot. Season the stew with salt and pepper, and stir in the lemon and catsup. Arrange the vegetable balls and cherries on the top and serve as hot as possible.

RECIPE 220. MEAT BALLS.

1 pint cold cooked meat, chopped fine	$\frac{1}{2}$ cup water or stock 1 teaspoon salt
1 cup soft bread crumbs	1 saltspoon black pepper
1 egg	

Mix the bread crumbs and the water or stock; add the meat and all the seasonings and stir over the fire until thoroughly heated. Break in the egg, stir again, and form the mixture into balls the size of an English walnut. Dip them in beaten egg, then in bread crumbs and fry in deep hot fat. Serve with Brown or Bechamel sauce.

RECIPE 221. MUTTON HARICOT.

Cut 1 pound breast mutton in pieces, roll in flour and brown in drippings. Transfer to a stewpan, add 2 sliced onions, cover with boiling water and simmer until very tender. Add 1 cup parboiled potatoes or 1 cup boiled macaroni and 1 cup shelled peas. Season, simmer till vegetables are done.

RECIPE 222. CREAMED PORK (Mock Chicken).

Left-over pork chops, pork roast or any cooked pork will answer. Cut into small pieces. Cut an equal quantity of celery into small pieces and stew celery in just enough water to cover until tender, but not soft. Make White Sauce and stir into it the pork and celery, with a little of the celery water. Cook a few minutes longer—very slowly. Season to taste and serve poured over toast.

RECIPE 223. PORK PIE (Mock Chicken Pie).

An excellent Mock Chicken Pie may be made from the above recipe. Line the sides of a baking dish with rich baking powder biscuit dough or puff paste; pour in the meat mixture, put a crust on top, make a few incisions in the top, brush over with a little beaten egg and bake in a hot oven until crust is done.

RECIPE 224. SPANISH HASH.

One cup of chopped meat of any cold, cooked variety, 1 cup of chopped potatoes, 2 small onions and 1 green pepper, chopped. Mix together, add 3 drops of Tabasco sauce, $\frac{1}{2}$ teaspoon of salt, a little pepper, 1 egg and $\frac{1}{2}$ cup of milk. Stir all together thoroughly and drop by spoon in buttered muffin ring, bake in hot oven for twenty minutes and serve with hot tomato sauce on toast.

RECIPE 225. CHILI CON CARNE CON FRIJOLE.

1 quart cooked beans	1 large teaspoon
1 pound hamburger	Spanish spice
steak	4 tablespoons tomato
1 large onion	catsup

One clove garlic

Place beans in large frying pan or sauce pan with a small amount of water. Chop up onion and garlic fine and add to beans. Then place in the spice. When material comes to a boil add the hamburger steak in small pieces. Cook slowly and when nearly done add catsup. Chili may be added to suit taste. When the onions are cooked the material is ready to serve.

RECIPE 226. ALBONDIGAS.

$\frac{1}{2}$ pound hamburger	1 teaspoon rice (un-
steak	cooked)
1 medium-sized	$\frac{1}{2}$ cup dry bread
onion	crumbs
1 clove garlic	1 or 2 eggs

Beat egg slightly and mix all ingredients in bowl with garlic and onion chopped fine. Then add teaspoon Spanish spice. Roll into balls and drop them in a sauce pan with boiling water. Cook twenty minutes. Thicken gravy and serve.

RECIPE 227. CHILI KILES.

At any Mexican store procure about 1 dozen Tortillas and some Mexican cheese. Put about 2 tablespoons lard in frying pan. Cut Tortillas in pieces about 2 inches square. Fry a few minutes. Then add 1 large onion chopped fine and 1 rounded teaspoon Spanish spice. Add chili to taste and sufficient water to cook about $\frac{1}{2}$ hour. Then add $\frac{1}{2}$ cup Mexican cheese, grated.

RECIPE 228. CHOP SUEY.

One pound of water chestnuts, 2 pounds of bean sprouts and gu yow, a Chinese sauce made only in China and which enters into nearly all Oriental meat dishes. It is a brown looking liquid with a peculiar flavor, and can be purchased of any Chinese dealer. The chestnuts must be shaved thin. Add a little sliced celery, 1 onion chopped, $\frac{1}{2}$ dozen mushrooms; cut a young chicken into small pieces, put 2 tablespoons of peanut oil in a sauce pan. Into this place the vegetable and chicken all together. Let fry until tender, stirring often. Just before taking off add the bean sprouts, which must not be cooked too long, as they are better when little more than half done. Drain off the liquor, add a little flour to the chicken, salt to taste. Just at the last add a teaspoon of the brown sauce. Pour all over the chop suey, stir together and serve.

RECIPE 229. TAMALES.

Boil a fowl until tender; salt while boiling; remove the meat, chop fine and season with a little garlic and abundant cayenne pepper. Make a thick paste of a cup of cornmeal mixed with a little boiling water. Form the meat into rolls about the size of the little finger and incase each roll in cornmeal paste. Wrap each tamale in the inner husk of an ear of corn, washing the husks well first; drop the tamales into the stock in which the chicken was boiled, add 2 or 3 Mexican peppers, and cook the tamales for fifteen minutes.

RECIPE 231. SPANISH RICE.

One onion, 1 piece of garlic cut fine, fry them with 1 large green pepper, cut small and fry not too brown; then add 1 cup tomatoes, salt and pepper to taste and prepared chili. Take a pan with hot butter, put in rice and fry not too brown; then take rice and mix together with the sauce and cook slowly for 1 hour till rice is tender.

RECIPE 232. SCOTCH HOT POT.

Use for this 1 cup of cold beef or mutton, a cup of tomatoes, a large onion, 3 potatoes and some good gravy stock. Cut the meat in slices and fry in fat or drippings. Also fry the sliced onion until browned, and boil the potatoes until half done. Put a layer of meat in a shallow pudding dish, then onion, tomatoes and potato slices.

Spread a little over the top and then pour over all some good stock well seasoned. Bake in a moderate oven until browned. Serve in the dish in which it was cooked.

RECIPE 233. GOULASH.

Put in a sauce pan 2 tablespoons of butter, put on a quick fire and when butter boils add 3 small onions sliced and 2 or 3 slices of bacon. Cover the pan and let the onions and bacon get nice and brown. Then take 1 cup of veal and lean pork and cut into small pieces and put into the pan with a little salt and a few tablespoons of tomato pulp. Do not put a drop of water in when meat is tender. Add paprika to taste and $\frac{1}{2}$ cup of cream. Reheat and serve with rice.

RECIPE 234. ROAST LIVER.

Take one-half of a calf's liver and wipe well with a cloth. Cut a deep gash in one side and into this stuff a dressing made of crumbs, an egg, chopped bacon and onions, seasoned with butter, pepper and salt, if needed. Sew or skewer the sides of the gash together, rub bacon drippings or other fat over the liver, and sprinkle over a little flour. Put a cup of water into the covered roaster, casserole or fireless cooker and let bake for an hour. Fry bacon in small bits with onion minced before putting it in dressing.

RECIPE 235. SWEET POTATO CROQUETTES.

1 cup sweet potato pulp	1 tablespoon melted butter
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ teaspoon cinnamon
1 tablespoon sugar	$\frac{1}{3}$ cup chopped almonds
One egg well beaten	

Parboil potatoes and when tender force through a sieve; add butter and egg and seasoning. Allow to stand for several hours in a refrigerator. Shape into balls, dip in egg then in crumbs and fry in deep fat heated until a cube of bread will turn a golden brown in 40 seconds. Drain and use to garnish chicken dish.

RECIPE 236. ESCALLOPED SPAGHETTI AND HAM.

$\frac{1}{2}$ pound spaghetti	$\frac{1}{4}$ cup grated cheese
1 cup cooked ham, minced	2 tablespoons flour
	2 tablespoons butter
1 cup milk	

Boil spaghetti until tender in salted water. Season the sauce to taste.

In a buttered baking dish put a layer of spaghetti, sprinkle with minced ham and pour over some of the white sauce, then another layer of spaghetti, ham and sauce until all is used. Cover the top with the grated cheese and bake in a moderate oven for about twenty minutes.

(This will serve about five or six.)

RECIPE 237. EGG CROQUETTES.

2 tablespoons butter	$\frac{1}{4}$ teaspoon pepper
2 tablespoons flour	$\frac{1}{2}$ teaspoon salt
1 cup milk	$\frac{1}{4}$ teaspoon paprika
1 egg yolk	1 teaspoon onion juice
4 hard boiled eggs	
1 white of egg	8 oysters

Melt butter, add flour, then milk (with beaten yolk in it). Add seasoning, mince the hard boiled eggs and add to sauce. Parboil the oysters when the egg mixture gets cold. Take a spoonful and surround each oyster with it. Roll in dry bread crumbs, then in the raw white of egg, wet with a little water, then roll again in crumbs. Fry in deep fat. Serve at once.

RECIPE 238. TOMATO CROQUETTES.

2 cups tomatoes	$\frac{1}{2}$ teaspoon salt
1 egg	$\frac{1}{4}$ teaspoon paprika
$\frac{1}{2}$ cup cream of wheat or Farina	1 bay leaf
$\frac{1}{4}$ teaspoon pepper	1 pinch herbs
Few drops onion juice if desired	

Simmer tomatoes with seasonings. Stir well until cooked smooth. Add Farina gradually, stirring it in as in making mush. Stir until well cooked and thick. Set away to get cold, then shape up into croquettes and follow rule for Deep Fat Frying (see Index). Nice served with chicken, veal or game, etc.

RECIPE 239. CHEESE BALLS NO. 1.

$\frac{1}{2}$ cup dry bread crumbs	$\frac{1}{4}$ teaspoon salt
1 cup grated cheese	$\frac{1}{4}$ teaspoon mustard
1 egg	A few grains cayenne pepper

Mix dry ingredients, add egg, shape in small balls and fry in deep fat.

RECIPE 240. CHEESE BALLS NO. 2.

Put 3 tablespoons cheese in mortar with 1 tablespoon finely minced ham, 3 tablespoons grated bread crumbs, 1 teaspoon dry mustard, butter size of an egg, 2 or 3 grains cayenne and yolk of 1 egg well beaten. Pound all together until perfectly smooth, then form into balls the size of a walnut, flatten to thickness of $\frac{1}{2}$ inch, dip in batter and fry until lightly browned. This will take 2 or 3 minutes. Drain and serve.

These can be used in consomme or served hot as a relish.

RECIPE 241. CHEESE STRAWS.

1 cup grated cheese	Salt and cayenne to
1 cup flour	taste
Yolk of 1 egg	1 tablespoon butter

Mix flour, cheese, salt and cayenne together. Moisten with beaten yolks and melted butter. Work into a paste, chill on ice, roll out in a thin sheet, cut in strips 4 inches long $\frac{1}{8}$ inch wide. Bake a light brown in hot oven.

RECIPE 242. WELSH RAREBIT.

1 teaspoon butter	2 or 3 drops Tabasco
$\frac{1}{3}$ pound soft, sharp cheese	sauce
$\frac{1}{4}$ teaspoon mustard	$\frac{1}{3}$ cup ale or beer
$\frac{1}{4}$ teaspoon salt	1 egg

Melt butter, add cheese broken into small pieces and melt, stirring constantly, add seasoning, then slowly stir in the ale, then the slightly beaten egg. Serve at once on hot toast or wafers.

RECIPE 243. SAGE RAREBIT.

$\frac{1}{2}$ pound full-cream sage cheese	$\frac{1}{4}$ teaspoon salt
2 tablespoons butter	$\frac{1}{8}$ teaspoon paprika
2 tablespoons flour	2 egg yolks
	$1\frac{1}{2}$ cups rich milk

Cut the cheese fine and put together with the flour in a double boiler top. Slightly beat the egg yolks and add them with the other ingredients to the cheese. Cook over hot water till smooth, stirring often. Serve on heated crackers or buttered toast. When cold this makes a delicious sandwich filling.

RECIPE 244. NUT BALLS.

½ pound cold sweetbreads or other meat and
 1 dozen chopped blanched almonds
 Add 1 egg and form into balls

Roll in raw egg and bread crumbs and fry in deep hot fat, hot enough to brown a crumb of bread in 40 seconds.

CHAFING DISH.

Many entrees are delightfully prepared in a chaffing dish. A careful study of the chapters on Entrees and also Left-Overs will show many recipes which are suitable for chafing dish cooking.

RECIPE 245. LOBSTER A LA NEWBURGH.

1 cup lobster meat	2 or 3 drops Tabasco
4 tablespoons butter	sauce
1 tablespoon flour	1 cup thin cream
2 egg yolks	Pinch nutmeg
½ teaspoon salt	2 tablespoons Sherry
	wine

Have lobster meat in small pieces, melt butter, add lobster, cook two minutes, add seasonings, then wine. Beat yolks a little, add them to the cream, then add this to the lobster in the pan, stir constantly until it thickens. Serve at once hot, with toast.

RECIPE 246. CRABMEAT A LA NEWBURGH.

Use crabmeat instead of lobster.

RECIPE 247. LOBSTER BRITANNIA.

Saute the meat of 2 small or 1 large boiled lobster in butter. Having cut it into small pieces, add to it 1 small boiled cauliflower that has been cooked and cut in short lengths. Add a cup of cream in which an egg has been beaten, pepper, salt and a teaspoon of Worcestershire sauce. Let it boil up once and serve garnished with cress. This may be served on toast or with hot finger rolls.

RECIPE 248. CRAB FLAKES A LA DEWEY.

For ½ pound of crab flakes, slice 4 or 6 mushrooms and a large green pepper; cook them slowly in butter, then add the crab flakes, a gill of white wine and

sherry and enough cream to cover the crab flakes. Let simmer for five minutes without stirring, then add the belly part of a dozen steamed soft clams, bind the sauce with 3 raw egg yolks diluted in cream and 2 tablespoons of butter; season to taste and serve with fresh, hot toast on the side.

RECIPE 249. MRS. JARVIS' CHICKEN AND CORN PIE.

One 4-pound chicken, boiled till tender. Season with salt, pepper, 1 small onion and 1 sprig parsley and 1 bay leaf. Shred very fine and set to cool.

Grate 8 cobs of corn very fine, add 1½ tablespoons sugar, 1½ tablespoons melted butter, 1 tablespoon flour, mix all the above with grated corn. Simmer 15 cents ground beef and veal mixed, with 1 small chopped onion, 1 teaspoon butter and 1 tablespoon water to keep from burning. Add 2 chopped peppers, sprig of parsley and 1 tomato. Season with salt, pepper, Spanish pepper, thyme and carmon seeds. Be sure to mix meat and tomatoes with peppers. When all is prepared, put in pie plates well lined with butter, then line same with layer of grated corn, layer of shredded chicken, layer of minced meat (as prepared above), and then layer of corn and continue same until pie plate is full. Lastly take 10 or 12 good sized olives, put on top of pie, and have prepared 2 hard boiled eggs, chopped very fine. Sprinkle same over top of pie, put on cover of grated corn to serve as crust, and small bits of butter on top. Bake in moderate oven.

For a small family divide this recipe, reserving best parts of chicken for some other chicken dish.

CHAPTER VII

Poultry and Game

RECIPE 250. ROAST TURKEY.

Select a tender young hen turkey having a slightly bluish-lavender tinge. The big, fat white hens or gobblers are frequently not so tender, as they are older and are carrying "weight for age." Two medium-sized hens are preferable to one very large bird, if a large number of persons are to be served. Pick the bird clean of all pinfeathers, singe and draw it. Be careful not to overlook the "craw," which lies at the base of the neck, in front, up over end of the breast bone. Pull skin back from over the neck, cut neck off short at the body, but allow neck skin to remain so that it can be sewed back under the body, leaving a trim, neat look when bird is trussed for cooking.

If bird has not been drawn, have a sharp knife, take hold of bird by the lower end of breast bone and make a slit in the flesh across the bird, just under the breast bone. Now run your hand inside bird, close up to the neck, as far as the hand will go. Gently curve fingers downward until they take hold of the entrails of bird, now begin to draw hand out of the bird, having the fingers enclosing entrails and gradually loosening them from the little muscles which hold them to the backbone. If this is done carefully there is not the slightest danger of their breaking. Withdraw hand and bring entrails outside bird onto table. You will find one intestine attached to the "vent." Use your knife carefully and cut out the entire vent which will then release intestine attached to it. Now slip your hand back up into the bird and remove the lungs, which lie high up near the back bone. They are bright red and spongy looking.

Pick up the entrails and you will find the liver, gizzard and heart attached to them. You will also notice the little bright green sac which is attached to the liver. This is the gall bag and you must be very careful not to cut into it, for it is a well known saying, "bitter as gall," and one drop of this fluid on the meat would ruin it. Carefully cut far enough away from the gall bag not to cut it. It is attached to one side of one lobe of the liver.

This side of the liver has a slightly green tinge. Do not use it. The gizzard is attached to the large intestine. Cut intestine short off at the gizzard. Make an incision on one side of gizzard, deep enough to reach the little sac which is inside and holds the sand or corn. Turn the gizzard inside out, wash well and pull from it the yellow lining which is there. Cut the heart loose, wash and trim neatly. Put the gizzard, heart and liver into sauce pan with water and let simmer all the time the turkey is roasting.

Now wash the turkey quickly inside and out for a moment with cold water, wipe dry and shake inside of it, salt and pepper. Now lightly fill the body of the bird with a nice stuffing, recipes for which will be found below. Do not stuff bird too full, as the stuffing will swell a little as it bakes. Sew up neatly the place that you cut open. Take turkey firmly in the left hand, turn it up on end so that you can stuff the skin at the neck, from which you removed the craw. This will usually hold about two iron spoons of stuffing and this not only shapes the bird well but keeps the meat from drying too much. When the neck cavity has been filled, draw the skin from the neck well back under the bird, sew it down to place. Now gently press the turkey until you have given the neck stuffing a rounding shape.

Trussing a bird means to securely fasten the wings and legs into place close to the body. A bird that is untrussed while cooking will not have the neat appearance that a trussed bird has, as legs and wings will stick out at grotesque angles. To truss, run a long iron skewer into the bird through the body below the legs and another skewer just back of the wings. Now have a strong piece of string. Wrap it securely around each leg, drawing it closely to the body. Wrap the string also around the skewer and tie it tight so that it will not come loose when bird is cooking. The same string can be long enough to continue and wrap around the body of the bird by the wings, or a second piece of string may be used. See that it is well fastened. When the bird is well trussed rub it well with drippings or lard, then shake plenty of flour over it, then salt and pepper. Put into a very hot oven and bake very fast for fifteen minutes, then turn the fire down to a medium heat and let the bird cook until done. The time is usually allowed for a tender bird, twenty minutes to the pound.

To test when the bird is done, do not put the fork into the breast where the meat is more inclined to be dry, but just under the fleshy part of the thigh bone, Fre-

quently the breast will cook first and if the bird is tested in breast, it may be done and the meat under the thigh still underdone. When you withdraw the fork look and see if the juice which runs from the bird is tinged with blood—if so, it is not done. If the juice which runs out is only a clear, oily-looking substance it is done. Turn off the fire from the oven, remove the bird onto another pan, while you make the gravy.

Cut the giblets fine through the grinder and add the water they cooked in, with the giblets, to the gravy in the turkey pan. If the gravy is very oily looking, remove part of the fat and put it away for the next day. Add the giblets, season, add enough boiling water to make a nice gravy, thicken with flour and water. Let simmer until well cooked. Turn into the gravy boat, place the turkey on the platter and serve hot.

SUGGESTIONS FOR SERVING POULTRY AND GAME.

Serve turkey with brown gravy, cranberry sauce or cranberry jelly, or wild plums or Damson plum jam. Many persons who do not care for cranberries will find plum jam a delightful addition. A little spice added to plum jam gives a welcome flavor.

Wild or domestic ducks are usually served with onions prepared in some way. Creamed onions or onions stuffed with nuts are very nice. Duck is always served with currant jelly. Spiced plum jam is also nice.

Venison roasted or broiled is served with currant jelly or with Cumberland sauce (see Index).

Maitre d'Hotel Butter (see Index) is nice with broiled venison. Game is always served rare. Fifteen minutes baking to the pound, or less. Rice Croquettes with jelly are nice with grouse, partridges or quail. Parsnip balls are nice with chicken or game. Corn oysters can be served with chicken instead of corn fritters. Surprise croquettes with peas are nice with poultry or game.

RECIPE 251. ONION AND SAUSAGE STUFFING FOR TURKEY, CHICKEN AND GAME.

Before beginning to clean the bird, put into a frying or sauce pan, $\frac{1}{2}$ pound bulk sausage, 1 large onion sliced very thin, 1 quart boiling water. Let this simmer gently all the time you are cleaning the bird. Have ready 1 stale loaf of baker's bread. Break it into small pieces, crumbing it well with the fingers, or by rubbing the bread together, one piece on another. When bread is well crumbled into fine little pieces, add enough salt and

pepper to taste well. Then add any herbs desired. Poultry seasoning is nice. This is a preparation which comes already ground and is composed of several kinds of herbs ground together. For a medium-sized loaf of bread (which is large enough for a seven-pound hen), add 1 teaspoon poultry seasoning, $\frac{1}{2}$ teaspoon of paprika can be added. When onions and sausage are done gently add them, with the water they boiled in, to the seasoned bread crumbs. Use a fork to turn the crumbs lightly as onions and water go in. Do not use your hand to the mixing as it will make the stuffing heavy. Use just enough onion water to make the bread crumbs moderately moist. Break the sausage into small pieces and stir with the onions gently through the bread crumbs. See directions for stuffing the bird, sewing it up, etc., under Roast Turkey.

Small birds like quail, partridges, etc., may also be stuffed, but require a much smaller amount, of course.

A string of four to six link sausage are sometimes hung over the breast of a turkey when it is roasting. The fat from the sausage bastes the turkey nicely. All birds require frequent basting.

RECIPE 252. OYSTER STUFFING FOR TURKEY OR CHICKEN.

For a turkey, 1 quart, or for a chicken, 1 pint of oysters will be required. For a turkey, melt $\frac{1}{2}$ cup of butter, add the oysters to the butter and stir them for a minute or two until they "ruffle." Take enough cracker crumbs, which, added to the oysters, will fill the turkey. Stir the melted butter and oysters into the cracker crumbs, add a little hot water to the frying pan to get the melted butter from it, add this water to the cracker crumbs, having them moderately moist. Add salt, pepper and paprika to season very highly. Put the stuffing lightly into the bird. See directions for stuffing under Roast Turkey.

RECIPE 253. CHESTNUT STUFFING FOR TURKEYS.

4 cups chestnuts	$\frac{1}{4}$ cup milk or cream
1 cup cracker crumbs	1 teaspoon salt
$\frac{1}{2}$ cup melted butter	$\frac{1}{4}$ teaspoon pepper
	$\frac{1}{4}$ teaspoon paprika

Shell the chestnuts and cover with boiling water for a minute or two, then remove the brown skin. Put the blanched chestnuts into salted boiling water and cook

until tender. Drain and mash them well. If you have a potato ricer, use that. Add melted butter to cracker crumbs, stir them into the chestnuts thoroughly, add cream and seasoning. Mix with a fork. Stuff lightly into bird. Follow directions for stuffing and trussing the bird in recipe for Roast Turkey.

RECIPE 254. NUT AND RAISIN STUFFING FOR TURKEYS.

1 loaf stale bread	1 teaspoon salt
crumbled	$\frac{1}{4}$ teaspoon pepper
$\frac{3}{4}$ cup chopped Eng-	$\frac{1}{4}$ teaspoon paprika
lish walnuts	1 teaspoon poultry
$\frac{3}{4}$ cup raisins	seasoning

Use seeded raisins, put them on in 1 cup water and let them simmer for five minutes. Use the water they cooked in to add a little moisture to the stuffing. Use just enough to make bread only a little moist. The amount will depend upon staleness and quality of the bread. Chop the raisins slightly before adding them to the dressing. Stir all the ingredients lightly into the bread. Proceed for stuffing and trussing the turkey as in recipe given under Roast Turkey.

RECIPE 255. PEANUT STUFFING.

1 cup cracker crumbs	$\frac{1}{8}$ teaspoon onion salt
$\frac{1}{2}$ cup cream	$\frac{1}{2}$ cup minced peanuts
2 tablespoons melted	$\frac{1}{2}$ spoon salt
butter	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ teaspoon celery seed	$\frac{1}{8}$ teaspoon paprika

For a change try stuffing duck or goose with Peanut Stuffing.

Mix all of the ingredients lightly together with a fork. Follow directions for stuffing and trussing birds under recipe for Roast Turkey. The legs of a duck or goose are much shorter than a turkey or chicken, so the string must be well fastened to each leg (wrap it around each leg twice), and drawn tightly back to the body of the bird and tied securely to the skewer run through the body for that purpose. Geese and ducks should have strips of salt pork or bacon laid over the breasts to keep them from becoming too dry in the roasting.

RECIPE 256. POTATO STUFFING.

$\frac{1}{2}$ pound bulk sausage	2 cups hot mashed potatoes
$\frac{1}{2}$ teaspoon poultry seasoning	$1\frac{1}{2}$ cups soft, stale bread crumbs
$1\frac{1}{2}$ teaspoon salt	1 egg
$\frac{1}{2}$ teaspoon pepper	1 minced onion
$\frac{1}{4}$ teaspoon paprika	
Fat from the pan sausage fried out	

Break the sausage into little pieces, put it into a hot frying pan with the minced onion, let them cook for a few minutes until the onion begins to turn yellow. Beat the egg into the mashed potato thoroughly, add the other ingredients, putting in the sausage and onion last. One-half cup of salt pork minced can be used instead of sausage if desired. In this case also add about $\frac{1}{3}$ cup melted butter to the potato mixture. Cook the onion for a few minutes in the salt pork.

RECIPE 257. ONION STUFFING FOR WILD DUCKS.

The stuffing with Onions and Sausage (see Index) is nice for wild birds of all kinds. Sometimes a small onion has a whole clove stuck into it and the onion is then placed inside of the bird. These onions are not eaten as they are for seasoning purposes only.

RECIPE 258. POULTRY OR FISH DRESSING.

(This quantity is sufficient for a medium-sized chicken, or a large fish. For turkey, the recipe will have to be tripled or quadrupled.)

2 cups dry bread crumbs	$\frac{2}{3}$ cup milk (hot)
1 cup cracker crumbs	$1\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup butter or part drippings	$\frac{1}{4}$ teaspoon pepper
	1 teaspoon sage
	$\frac{1}{4}$ teaspoon savory

1 level tablespoon grated onion

Mix together the crumbs and seasoning. Mix the hot milk and the butter and add to the crumbs.

RECIPE 259. CORN MEAL STUFFING.

1 cup yellow corn meal	1 teaspoon salt
2 cups bread crumbs	$\frac{1}{2}$ teaspoon pepper
3 tablespoons butter	1 teaspoon herbs
1 cup hot water	$\frac{1}{4}$ teaspoon paprika

Mix dry ingredient, melt butter in hot water, toss lightly through dry ingredients, having them moderately moist. Bread crumbs about one day old.

RECIPE 260. FRICASSEE OF CHICKEN.

Cut up a fowl which has been picked, singed and washed. Put it on in a deep sauce pan and cover with cold water. If it seems to be a very tough fowl add a quarter of a teaspoon of baking soda to water. Let it cook at a slow, simmering heat until tender. The time will depend upon the age of bird, usually about three to four hours. Season when about half cooked. Allow plenty of time, for if the bird is tender before it is needed it can be left in its broth until needed and simply warmed up again, while a bird which is underdone is undesirable. When the fowl is ready to serve, remove for a few moments onto a hot pan while you thicken the gravy. If desired, milk or cream may be added to the broth in which the fowl was stewed. Thicken the broth with flour which has been wet with enough water to make a paste thin enough to pour. Stir until the gravy thickens, put the chicken back into the gravy to heat again for a moment. Put hot baking powder biscuits on a platter, place the pieces of fowl on top and pour over part of the gravy. Serve more gravy in a sauceboat.

RECIPE 261. CHICKEN FRICASSEE SOUTHERN STYLE.

Follow the directions for cleaning, singeing and cutting up the fowl. Roll each piece in flour and saute it in salt pork fat, until nice and brown. Put the chicken when it is brown into a deep sauce pan, cover with boiling water, add a bay leaf, a slice of onion and let simmer until tender. Add salt and pepper when the bird is about half done. When tender, thicken the gravy with flour and water and serve over hot baking powder biscuits. Sometimes rich pie dough is rolled about half an inch thick, cut into diamond-shaped pieces, and baked and then used under the fowl on the platter. Cover with gravy and serve hot.

RECIPE 262. PLAIN FRIED CHICKEN.

For this purpose be sure to select a young chicken. Clean, singe and disjoint. Roll in flour and saute in the frying pan with enough fat to brown it well. Salt fat pork "tried out" makes a very nice fat for sauteing chickens. Cut the salt pork into small pieces and fry it

slowly in the pan. When the pork is brown and crisp remove the pork scraps, leaving the fat in the pan for the chicken. Cook chicken slowly, turning frequently. It will take about twenty to thirty minutes in which to cook the chicken. Remove chicken from the pan, add hot water or milk to the fat in the pan, thicken with flour and water. Put the chicken on a hot platter and serve the gravy in a sauceboat. The chicken may be served on buttered toast if desired. Season when about half done.

RECIPE 263. FRIED CHICKEN COUNTRY STYLE.

Proceed as for Plain Fried Chicken. When chicken has been cooked until a light brown, cover it with cream or milk and let simmer very slowly for about twenty-five minutes. Remove from the pan onto slices of hot toast on a platter. Thicken the gravy in the pan with flour and water, pour over the pieces of chicken and toast. Serve at once very hot.

RECIPE 264. FRIED CHICKEN MARYLAND STYLE.

Clean, singe and disjoint a young chicken, having it cut into at least ten pieces, roll each piece in flour, then in egg, then in dry bread crumbs. Take $\frac{1}{2}$ pound of salt pork, cut it into small pieces and saute it in an iron frying pan until the pork is crisp, then skim out the bits of pork. Into this hot fat lay the pieces of chicken. Cover well and let cook very slowly for about thirty minutes until well done and nice and brown. Turn each piece frequently so that it may be brown on all sides. When chicken is done remove from the pan to a warm place. Pour off all the fat from the pan except 4 tablespoons. Into these 4 tablespoons of fat, add 3 level spoons flour. Stir rapidly until flour is mixed, then add $1\frac{1}{2}$ cups of cream or milk, stir until it thickens. Add $\frac{1}{2}$ teaspoon salt to the gravy and pepper and paprika to taste. Put the chicken on slices of buttered toast, pour the gravy over the chicken. Serve with Corn Fritters (see Index), or Corn Oysters (see Index).

RECIPE 265. FRITOT OF CHICKEN.

Prepare a young chicken by cleaning, singeing and disjointing into about ten pieces. Put the pieces of chicken into an iron frying pan and cover them with cold milk or cream. Cover and let simmer for thirty minutes very slowly. Have a slow fire and the milk will not burn. When chicken is cooked add enough flour and water to the milk in the pan to make a very thick

White Sauce, as heavy as a No. 3 White Sauce (see Index). Have each piece of chicken well covered with this White sauce. Remove from pan and set away for at least half an hour to get cool, then roll each piece of chicken in dry bread crumbs, then in egg, then in bread crumbs. Fry in deep fat until brown, about a minute. Heat the White sauce which remains from the first process and thin it down to the right consistency for a gravy. The chicken can be served on toast if desired. Serve gravy in a sauceboat. Do not pour it over the chicken, as that will soften the crisp crust around the chicken. Serve very hot. Garnish with parsley if desired. In the winter, when young chickens are scarce, fowl may be used but must first be stewed until tender in water, then covered with the thick White sauce and set away to cool. Then follow directions for frying, proceeding just as for the young chicken.

RECIPE 266. CHICKEN CREOLE.

Cut up a young chicken weighing about one and one-half pounds into quarters. Roll each piece in flour and saute a nice brown in any fat desired, salt pork, lard or butter. Cook very slowly about thirty minutes. When done put it in a hot pan in the oven to keep warm. Put into the fat the chicken fried in, $\frac{1}{4}$ cup of minced onion, and if desired a small piece of garlic. Saute these for two or three minutes, then stir in 1 cup of tomato puree or cooked tomatoes, 2 tablespoons of minced cold boiled ham, 1 minced pimienta, and 1 tablespoon minced parsley. Add 1 cup boiling water, 1 teaspoon kitchen bouquet and stir all the ingredients well. Then add the chicken, cover it well and let all simmer together slowly for ten minutes until chicken absorbs the flavor of the sauce. Serve on toast with the sauce poured over it. The sauce can be strained or not, as desired.

RECIPE 267. BROILED CHICKEN.

Clean and singe a tender young chicken and split it down the back. Press it down hard on the board to make the inside bones flatten down a little. Cover the skin side with melted butter and place on a broiler with skin side up. Let it broil for five minutes, then turn it over with skin down. Let it cook slowly for ten minutes. Remove from broiler and put into a shallow pan, add some butter and season well and put into the oven to bake for five or ten minutes. It needs the oven finishing, as a chicken is apt to get too brown under the broiler before

inside of the chicken has time to cook. Baste once or twice with melted butter, while it is in the oven. When ready to serve place on toast on a hot platter and serve with Maitre d'Hotel Butter (see Index).

RECIPE 268. CHICKEN GOULASH.

Disjoint a young chicken, saute a nice brown, then put into Dutch oven or a casserole. To the fat in which the chicken was sauted, add 2 medium-sized minced onions, 1 carrot which has been boiled and sliced, saute for two or three minutes then skim them out and add to the chicken in the casserole. Pour out of the frying pan all of the fat except about 4 tablespoons, add to this 2 tablespoons of flour, stir for a minute until smooth, then add 2 cups of hot water, stir well, season to taste with salt, pepper and paprika, add 1 cup tomatoes or a tomato puree, stir until it boils, then pour this sauce over the chicken in the casserole. Cover and let cook very slowly about twenty minutes if it is a very young chicken. A hen may be cooked in this way but more water must be added and the hen must be cooked slowly in the casserole at least three hours. Serve hot boiled rice with this dish or Corn Fritters or Corn Oysters are nice with it.

RECIPE 268B. ROAST CHICKEN.

See recipe for Roast Turkey. Proceed in the same manner, substituting chicken for the turkey.

RECIPE 269. PLANKED CHICKEN.

Clean, singe and thoroughly wash a tender young chicken. Split it down the backbone, wipe out the inside with a damp cloth, being sure to remove the lungs and any cords which may be clinging to it. With a cleaver or a potato masher, crack the inside bones a little so that the chicken will lie flat. Put little skewers into the chicken to fasten the wings to the body and the legs flat. Cover with a little melted butter and put under the gas broiler or over coals for about five minutes, with the skin side away from the fire. Then turn and let the chicken cook on the skin side for five minutes. Now put it in a shallow pan in the oven and let it bake about twenty minutes, basting frequently. Heat the plank in the oven for five minutes. Place the chicken on it, skin side up. Make a border of mashed potatoes, of boiled rice or hominy around the chicken, on the plank. Stuffed baked tomatoes may be placed on the plank with the

potatoes. See Index for directions for planking. Place the planked chicken in the broiler, or in oven and let the potatoes brown nicely. Serve on the plank.

RECIPE 270. CHICKEN A LA KING.

Pick a tender young hen, have it drawn, washed and singed. Put it whole into a deep vessel of cold water. Let it come slowly to the boil and then let it simmer until tender. Add seasoning when about one-half done. A bay leaf and one onion can be cooked with it if desired. The time of cooking varies according to the age of the chicken. Probably three to four hours. When tender remove from fire, let it stand in the broth until cold. For a small family one-half the chicken will be enough. The legs, wings, neck and giblets can be reserved for Chicken Hash Southern Style (see Index), or Chicken Croquettes (see Index), or Chicken With Rice (see Index).

Cut the breasts and thighs into pieces about one inch in size. This will make about a cupful. Then follow recipe as below.

For a small family, if desired, reserve the breasts and thigh for Fritot of Chicken (see Index), or a Chicken Supreme (see Index). In this case, use the legs, wings, neck and giblets for the Chicken a la King, cutting in as large pieces as possible.

One large hen will serve eight people plentifully, by adding double the amount of all the other ingredients.

RECIPE 271. CHICKEN A LA KING FOR TWO.

First Part.

1 tablespoon of butter	1 pimienta
1 tablespoon minced onion	$\frac{1}{2}$ can mushrooms, sliced
1 tablespoon flour	3 cups sweet cream or milk
1 green pepper	$\frac{1}{2}$ teaspoon salt

Second Part.

1 cup chicken	1 tablespoon lemon juice
2 tablespoons butter	$\frac{1}{4}$ teaspoon paprika
2 yolks eggs	

To mix First Part, melt butter, stir in onion, fry for a moment, then add pimienta, green pepper, mushrooms and seasoning; stir two or three minutes, add flour, stir this in thoroughly, then add cream or milk, and last the

little knife and run it along the breast bone on either side chicken. Set this where it will keep hot while you prepare the Second Part.

To mix Second Part, cream the yolks of eggs, then cream the butter and slowly stir in the yolks into the creamy butter; when nice and smooth stir this butter and egg mixture into the chicken mixture. Let this cook for just a minute or two until the egg has "set," then add the lemon juice. Have a sufficient number of slices of toast ready and pour the meat and sauce on the toast. Serve at once very hot.

RECIPE 272. PLAIN CHICKEN A LA KING.

Boil hen until tender, then reserve wings, giblets and legs for some other dish and cut up the breast and thighs for Chicken a la King.

Cut in pieces

½ can mushrooms 1 pimiento 1 green pepper

Take 1 pint of the chicken broth, add the pimientos, green pepper and mushrooms, 1 cup of milk or cream, season to taste and thicken with enough flour to make a nice thick sauce. Serve hot on toast.

RECIPE 273. CHICKEN WINGS WITH RICE.

Nice way to use the left-over wings and legs. Boil ½ cup of rice until tender in 1 quart of boiling water. Drain and dry. Put rice on a platter, place wings and legs on the rice and pour over all a nice chicken gravy from the broth in which chicken was cooked.

RECIPE 274. EGGS POACHED IN CHICKEN GRAVY.

Take the required number of eggs, poach them in chicken gravy, place them on toast and pour over them the gravy in which they were poached. A minced pimiento or a green pepper can be added for a change.

RECIPE 275. SUPREME OF CHICKEN NO. 1.

Clean, draw and singe a tender hen. Put it on whole to cook in a kettle of cold water. Let it come slowly to boiling point and let it simmer until tender. When about half done add salt and a few peppercorns. A bay leaf can be added and an onion if desired. When tender let it cool in the broth in which it cooked. When ready to serve remove the fillets attached to the top joint of the wing. The fillets are the breasts which lie along the breast bone. To remove them nicely have a sharp

of the bone. Gently slip it under the meat, continuing the process until the meat is loose from the bone up to the wing joint. Do not remove the meat from the wing, but cut the wing loose from the body of the chicken and have the fillet still attached to it. Cut off the lower tip of the wing, leaving only the upper joint attached to the fillet. Dip these fillets and wing joints in a nice fritter batter and fry in deep fat. When brown (in about one minute) lay them on slices of toast and pour around them a White Sauce No. 1, or a Perigeux Sauce (see Index). The rest of the chicken can be used up in various ways, in Chicken Croquettes, a Supreme of Chicken No. 2, or Creamed Chicken Southern Style (see Index).

RECIPE 276. SUPREME OF CHICKEN NO. 2.

Boil chicken whole until very tender. For a small family make a Supreme No. 1, for the first day, out of the two breasts (fillets) of chicken. The next day put the meat from the rest of the chicken through a grinder. This will make about 1 cup of ground chicken. Take the recipe for Chicken Croquettes (see Index) and make up the chicken croquette mixture and set it away to get cold, just as you do for croquettes. When ready to cook the Supremes, take the leg and thigh bones, scrape and clean them well of all gristle. Now take the bone and shape the chicken mixture around each bone, just as nearly as possible making it into the shape of the original meat which came around the bones. Roll each supreme in dry bread crumbs, then in egg, again in crumbs. Fry them in deep fat like a doughnut. Have the fat just hot enough to fry them brown in one to two minutes. Serve on toast, very hot. Serve with a White Sauce, a Perigeux Sauce or a Tomato Sauce or sauce with Peas and Carrots in Cream. Do not pour the sauce over but around them, as the Supremes want a crisp crust over them and the sauce will soften it.

RECIPE 277. SUPREME OF CHICKEN NO. 3.

Cut the fillets (or breasts) from tender young chickens, weighing from three to four pounds. See the recipe for Supreme of Chicken No. 1, for the process of removing the fillets with the wing first joint. Make the following White Sauce (Veloute Sauce) and let the fillets simmer in it for half an hour:

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup flour	$\frac{1}{4}$ teaspoon pepper
1 quart white stock	$\frac{1}{4}$ teaspoon paprika
(chicken or veal)	

Melt butter, add flour, rub into a smooth paste, add the white stock and seasonings. Stir until it is smooth. Place fillets of the chicken into this sauce in a frying pan and put a slow fire under them. Do not have a hot fire or the sauce will burn. When the fillets are done, see that each one is well covered with the White Sauce and set them away to get cool and the sauce to get firm. This should be done at least an hour before ready to finish cooking them. They are all the better for standing several hours. When nearly ready for the meal, put on a kettle of deep fat to heat. Roll the fillets in dry bread crumbs, egg, and then again in crumbs. Fry them in the hot fat for two or three minutes until nice and brown. Serve them on toast and pour the White Sauce which was left in the pan, well heated, around them. Serve at once. The entire chicken can be cooked in this way if desired, in which case disjoint it just as for plain fried chicken. If a Brown Sauce is desired add a few drops of Kitchen Bouquet to the milk sauce.

CHICKEN CROQUETTES.

See Recipe 157.

RECIPE 278. CHICKEN A LA MARENGO.

2 ½ pound chicken	2 tablespoons flour
1 small onion	1 cup strained tomato
1 tablespoon chopped parsley	4 tablespoons sherry
½ can mushrooms	¼ nutmeg grated
1 clove garlic	1 teaspoon thyme
½ cup milk	1 teaspoon salt
	Dash Tabasco sauce

Singe and draw the chicken. Cut it as you would for a fricassee. Dust with salt and pepper, then rub into the flesh the powdered thyme and nutmeg. Put the chicken in a frying basket and plunge it into deep hot fat. Cook slowly for fifteen minutes, then drain. Put it into a sauce pan with 4 tablespoons butter, the onion chopped fine, the mushrooms, the garlic sliced and mashed, and one chopped pickled walnut, if you have it. Shake over the fire for about three minutes, then dust over the flour. Mix, and add the tomato strained, the milk and ½ cup of water. Cover and cook slowly for three-quarters of an hour. Then add the sherry and dish in a pyramid form. Garnish with fried eggs and serve at once.

Game

RECIPE 279. ROAST DUCK.

The feathers of ducks are easily removed by first wetting the thumb of the right hand. Hold bird by the leg and pick the feathers with an upward movement. The very fine down which lies close to the body may be singed off. The bird should be well washed after the singeing. The meat of all wild birds is inclined to be a little dry. For this reason do not cook them too long and it is well to wrap a piece of salt pork or bacon over the breasts while they are baking. Many persons lard the breasts with salt pork. This is done by means of a larding needle made for this purpose. The pork strips are drawn through the breasts several times and then allowed to remain there during the roasting process. Wild game is usually served more rare than domestic birds like chicken and goose. Do not allow over fifteen minutes to the pound for roasting. See general directions for stuffing (see Index).

RECIPE 280. ROAST PARTRIDGE.

See directions for Roast Duck.

RECIPE 281. BROILED QUAIL.

After the bird is picked and cleaned, split it down the back, rub a little salt and pepper on the inside and over the breast. Fasten with wooden toothpicks or a small skewer, a piece of bacon or salt pork over the breasts, and broil over a hot fire for a few minutes. The time required depends upon individual taste, some like all game very rare, so that the blood follows the knife when it is cut, others prefer their game well done. Game should not be overdone.

RECIPE 282. ROAST QUAIL.

Roast Quail may be served with a stuffing or not, as desired. Put a piece of bacon or salt pork over the breast while roasting.

RECIPE 283. RABBIT OR HARE COUNTRY STYLE.

Follow recipe for Chicken Country Style (see Recipe 263), substituting rabbit or hare for chicken.

RECIPE 284. FRIED BELGIAN HARE.

Skin the hare carefully and see that no hairs remain on the flesh. Disjoint the hare, cutting the hind legs each for one portion. Cut across the back, making two or three portions more, and then remove each front leg. The hind legs are considered the best part of the animal. Roll them in flour and saute in an iron frying pan with sufficient fat to keep them from burning. Cook slowly with a cover over the pan and turn the pieces frequently that they may brown evenly on all sides. It will take about twenty minutes. When done, make a gravy from the fat in the pan. Allow one tablespoonful flour for each spoonful of fat. Rub the flour into the hot fat until smooth, then add either milk or water, one cupful for each spoonful of fat and flour. Season to taste. The hare should be seasoned in cooking when it is about half cooked.

RECIPE 285. FRIED RABBIT.

See recipe for Fried Belgian Hare.

RECIPE 286. ROAST SQUABS.

See recipe for Roast Quail. No. 282.

RECIPE 287. BROILED SQUABS.

See recipe for Broiled Quail. No. 281.

RECIPE 288. PIGEON OR SQUIRREL PIE.

Disjoint and cover with cold water. Let simmer until tender, adding, if desired, a very small bay leaf, a slice or two of onion and carrot. One whole clove, salt, pepper should be added. Make a rich pie dough (see Index), line a deep pan with it, roll out the upper crust. Thicken the sauce around the pigeon or squirrel. Have plenty of the sauce. Turn the stew into pan, quickly put on the upper crust and place at once on the bottom of a hot oven. As soon as the crust is baked the pie is done. Serve at once. The secret of all good meat pies is to have an abundance of gravy in the pie. The seasoning can be changed from time to time by the addition of various left-overs. A few tomatoes, potatoes, pimientoes, green peppers, peas, an olive or two, Worcestershire sauce, tomato catsup, etc. Any of these will give a welcome change from monotony in seasoning.

RECIPE 289. PIGEON, SQUIRREL OR SQUAB EN CASSEROLE.

Clean well, roll in flour, saute in frying pan until brown. Squirrel should be cut into two or three pieces. birds should be left whole. When brown, place in casserole, add one cupful hot water to grease in frying pan, pour this over the meat in casserole, add one green pepper sliced, one-half cupful tomatoes, three or four sliced olives, one tablespoonful minced parsley or sliced onion if desired. Season well. Cover and simmer slowly one hour, add a little flour to thicken the meat sauce.

CHAPTER VIII

Meats

RECIPE 290. ROAST BEEF.

Select a one-rib roast for a small family. Heat the roasting pan good and hot, place the roast in it without any water and sear it well on both sides to seal in the juices. Bake it in a quick oven for about ten minutes without water or fat. Now add a cup of boiling water to the pan, shake some salt, pepper and a little flour on the roast, turn the fire down to just a moderate heat and bake slowly until done. Allow fifteen minutes for each pound if you wish it rare, or twenty minutes to the pound if you want it well done. Baste frequently and when half done turn over the roast and season it on the under side, with salt and pepper.

When it is done make a nice brown sauce from the juices in the pan. A few drops of Worcestershire sauce adds to the flavor of the sauce. If the sauce is not brown enough, add a teaspoon of Kitchen Bouquet, which will give it the required color.

RECIPE 291. ROAST LAMB.

Follow the same process as in cooking beef. Serve with Brown Gravy, Mint Sauce or Mint Jelly.

RECIPE 292. ROAST VEAL.

Follow the same process as in beef, only veal is never served rare, so allow the full twenty minutes for each pound. Serve with Brown Gravy.

RECIPE 293. ROAST PORK.

Follow the same process as for beef, but allow a full twenty minutes for each pound. Serve with Brown Gravy.

RECIPE 294. VENISON ROAST OR BROILED.

Follow recipe for Cooking Roast Beef or Beef Steak, substituting venison for beef. Serve with Cumberland Sauce (see Index).

RECIPE 295. BEEF LOAF.

1 pound hamburger steak	1 tablespoon Worces- tershire sauce
1 cup cracker crumbs	1 egg
1 ½ cups water or milk	1 teaspoon salt
	1 teaspoon pepper
	½ teaspoon paprika

Shape this mixture into a loaf in a baking or roasting pan, put a cup of hot water around it with a tablespoon of lard or drippings. Cover the loaf lightly with flour and bake in a hot oven thirty minutes, basting frequently. Make a nice Brown Sauce from the juice in the pan. If sauce is not brown enough, add Kitchen Bouquet.

RECIPE 296. BEEF LOAF CREOLE.

Follow directions for plain Beef Loaf, but cover the loaf when you get it in the pan with a layer of tomatoes, a layer of minced boiled onions, a little chopped parsley and a few buttered bread crumbs. To vary this dish use chopped green peppers when they are in season. A chopped pimienta is also nice. A few bits of minced bacon or salt pork placed on top the bread crumbs gives added flavor.

RECIPE 297. BEEF LOAF SPANISH.

Follow directions for making Beef Loaf (see Index). Serve with a Spanish Sauce.

RECIPE 298. SPANISH SAUCE.

Simmer two cups tomatoes, two whole cloves, three peppercorns, one bay leaf, two sprigs parsley, two minced onions, one-half teaspoon salt for fifteen minutes. Rub two tablespoons butter with one of flour until smooth, then add it to the tomato sauce, stir until it thickens. Strain and pour over the hot beef loaf and serve at once on a hot platter. Garnish with parsley. This sauce can be strained if desired.

RECIPE 299. TAMALE LOAF (Contributed).

Put through the meat grinder:

1 cup veal or chicken	3 tablespoons salt pork
1 medium onion	1 medium onion
	1 clove garlic

Saute these for 5 minutes in the frying pan, then add 1 cup corn, 1 cup tomatoes, 1 cup ripe olives (minced), 1 cup yellow corn meal, $\frac{1}{2}$ cup olive oil, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 1 teaspoon paprika. Let them all simmer 15 minutes, then add 1 beaten egg stirred into $\frac{1}{2}$ cup milk. Continue boiling for 15 minutes, then put it all into a baking pan. Shape into a loaf and bake 20 minutes. This will keep for several days.

RECIPE 300. BEEF LOAF WITH RICE.

$\frac{1}{2}$ pound hamburger	1 large onion minced
1 cup boiled rice	1 green pepper minced
1 cup tomatoes	1 teaspoon salt
$\frac{1}{4}$ teaspoon paprika	$\frac{1}{4}$ teaspoon pepper
2 tablespoons butter	

Cook slowly one-half hour the tomatoes, butter, onion, green pepper and seasoning. Add rice. Mix well with hamburger. Shape into a loaf. Bake 20 minutes, or until brown.

SUGGESTIONS FOR PLANKED STEAK, CHICKEN OR FISH.

A very choice way of serving steak, chicken or fish is to use a plank. These planks can be bought in any store for general house furnishings, which carry kitchen utensils. It consists of a piece of oak or hickory, cut an inch and a half thick. Meats can be planked in the oven or under the gas broiler. If a gas broiler is used, place the plank at the lowest possible slide in the broiler, resting on the regular gas broiler. Articles cooked in this way have a delightful flavor and are rich in juices. Keep one side of the plank for cooking fish and the other for meats. A small cut in the side of the plank will enable you to always know which side is for the meats. Before using the plank heat it in the oven for five minutes. The entire cooking of fish is done on the plank, but steaks must be partly broiled first before being placed on the plank (see Planked Steak, Index). When chickens are planked they are placed at once on the hot plank, but when nice and brown the cooking is finished in the oven (see Planked Chicken, Index).

The use of a plank enables the artistic housewife to serve many appetizing dishes with very dainty borders of left-over dishes. Left-over meats, served with White Sauce No. 2, can be planked and the plank garnished with other left-over dishes; for example, mashed potatoes, spaghetti and cheese, or macaroni and cheese, cold

boiled rice, stringed beans, baked beans, etc., can all be used in making a border around left-overs of all kinds. Hard boiled eggs, riced and used in borders with creamed left-overs make a very pretty border, having one border of the whites and one border of the yolks. The opportunity for pretty decorations is limited only by the ingenuity of the housewife. Hash, planked, with a border of mashed potatoes or some other left-over, may become an artistic triumph. Sliced tomatoes, with a light covering of buttered bread crumbs, gives a delightful bit of color as well as taste.

RECIPE 301. PLANKED STEAK.

First broil the steak. Follow directions for Broiled Steak (see Index), but take the steak from the broiler when it has about five minutes more to cook. Place steak on a hot plank, and surround by a border of mashed potatoes, leaving room for any further decoration desired. For instance, when fresh tomatoes are in season, you can select nice, firm tomatoes, stuff and bake them (see Index), and have them ready cooked to put on the plank with the steak for a decoration. Allow one tomato for each person. Place them at proper distance from one another to dress the plank well. Place plank into oven or bottom of broiler to cook for five minutes. Serve steak on the plank. The potato border will brown more quickly if slightly brushed with yolk of an egg. If the yolk or white of a left-over egg is well beaten with the potato before it is placed on the plank it will make it puff up nicely. By the use of a pastry tube and bag you can soon learn how to execute some very pretty designs with mashed potato borders.

RECIPE 302. PLANKED FISH (see Index).

RECIPE 303. PLANKED CHICKEN (see Index).

RECIPE 304. PLANKED LEFT-OVERS (see Index).

RECIPE 305. BROILED STEAK.

Do not make the mistake of having steak too thin. It should be at least an inch thick and it is all the better if one and one-half to two inches thick. Have broiler hot. Cook with a very hot fire for five minutes (turn it at the end of two or three minutes). As soon as the two sides are both well seared, so the juices cannot escape, reduce fire a little and let broil until done. Season with salt and pepper when steak is about half done. The time

of cooking will depend upon thickness of steak and whether you like it well done, medium or rare. A medium steak should show a pinkish red in the center. Have a platter very hot, put steak on it, garnish with parsley and potato chips, if desired. Put a little butter over the top, or use a Maitre d'Hotel Butter (see Index). For a change, if you like it, gash the steak a little when it is on the platter, rub just a very little made mustard over it and pour on a sauce of three tablespoonsful melted butter in which you have put one teaspoonful Worcestershire sauce. Serve at once.

RECIPE 306. STEAK COUNTRY STYLE.

Take a flank or round steak, score it well on both sides, dip it in cold water for a minute, then brush it with vinegar and roll it in flour. Season with salt and pepper and saute it slowly in frying pan with dripping of ham, bacon or salt pork. When nice and brown, pour in one cupful of hot water or milk, cover well and let it simmer slowly one-half hour. Then thicken the gravy. Put meat on platter and pour gravy over it.

RECIPE 307. VEAL STEAKS COUNTRY STYLE.

Roll the slice of meat in flour. Saute in fat in frying pan until a delicate brown. Cover with milk, put a lid on the pan and let the meat simmer for thirty minutes. Season when about half done. Thicken the milk with a little flour. Serve on platter over the meat. If a Brown Sauce is desired, add a few drops of kitchen bouquet or caramel.

RECIPE 308. MOCK DUCK.

Take a round or flank steak. Cook it as in Steak Country Style until tender. Then lay it out flat and spread on it a stuffing of onions and bread crumbs (see Recipe 251). Roll up the steak, fasten the ends with little skewers, or tie it so that the stuffing cannot fall out. Place in the oven for fifteen minutes. Serve with the hot gravy from the pan. Extra nice if cooked in a casserole or a fireless cooker.

RECIPE 309. GERMAN POT ROAST.

Select a short, thick chunk of rump. Do not let the butcher sell you a long, thin piece of meat—insist upon a chunky cut. The "crosscut of the rump," it is sometimes called. Different localities have different names

for the same cuts. For a small family get about four pounds. It is difficult to cook a smaller roast well, and what is left over from the roast can be used up in many ways as a left-over. Have a heavy iron pot, deep enough to permit the roast to have an iron lid over the pot. A Dutch oven is ideal for this. Every house furnisher has them. Heat the pot very hot. Place the roast into it without any water in it. Turn the roast constantly every minute or two until the entire outside is well seared to keep the juices in. Let it simmer very slowly for fifteen minutes, well covered, and turning now and then. After this, add one teacupful hot water and let simmer for one hour. Then add one-fourth cupful vinegar, one bay leaf, one onion, one tablespoonful Worcestershire Sauce, one teaspoonful salt and four or five peppercorns. Let simmer well covered for four or five hours, very slowly. Look at it now and then that the water does not get too low. Never have over a cupful at a time in the pot. When very tender, remove from the pot and thicken the gravy with a little flour wet up with some water to a smooth, thin paste. If the gravy is not brown enough to suit, add a few drops of kitchen bouquet. Put the pot back where it will keep warm, put the roast into it and let stand until ready to serve. Put the roast on in plenty of time, so that you are sure it will have time to become tender. It can stand and wait for the dinner hour better than the dinner can wait for it. What is left of the roast after the meal can be used up in many ways. See Chapter on Left-Overs. If it is desired to serve carrots, tomatoes, turnips and potatoes with this roast, let the tomatoes cook with the roast for twenty minutes before you thicken the gravy. The other vegetables may be boiled in just enough salted water to keep them from scorching, until tender. Then at the last they may be added to the pot with the roast and thickened gravy and let stand for a few minutes that the flavors may blend. The vegetables are sometimes cooked with the roast, but great care must be taken that they do not slip under the roast and scorch.

RECIPE 310. FLANK STEAK STUFFED AND BRAISED.

Select a flank steak weighing about one and one-half pounds. Have the butcher peel off the superfluous fat and tissue and score both sides diagonally in opposite directions. Lay the steak flat on a meat board and sprinkle with salt and pepper. Spread over it a thin layer of stuffing, roll lengthwise, very compactly, sew

the overlapping edge securely, also the ends. Sprinkle with salt and pepper and dredge with flour. Place meat in well greased pan to brown richly, turning roll until it is browned all over. Then remove to a Dutch oven or casserole; rinse dripping pan with a little boiling water, pour over meat and surround with two cups stewed and strained tomato pulp, one onion thinly sliced, one green pepper shredded (after removing seeds and veins), two sprays parsley, the half of a small bay leaf and two tablespoons Worcestershire Sauce. Cover closely, place in oven and cook meat very slowly about three to four hours. Remove meat to serving platter. Dilute four tablespoons flour with cold water to the consistency to pour, add to sauce in pan, stir until well blended, season with salt and pepper, let simmer ten minutes, then strain around meat. Garnish with sprays of parsley or cress.

RECIPE 311. MEAT PIE.

Follow directions for Pigeon Pie or Squirrel Pie, substituting any left-over meat for the game. Have the meat simmer for several hours until it is tender enough to fall apart. Tough meat may be treated in this way and with proper seasoning will make a delicious dish.

RECIPE 312. SOUP MEAT PIE.

Follow directions for Pigeon Pie or Squirrel Pie, remembering to add a tablespoonful of butter to the pie, to give a little richness which the soup lacks. It will require a little higher seasoning than meat from which the juice has not been taken. If onions are liked, add a generous portion of them. Tough parts of celery may be utilized by cooking tender and adding it with the water it boiled in to the stew of Soup Meat.

RECIPE 313. SOUP MEAT CROQUETTES.

See recipe for Meat Croquettes (see Recipe 157). Allow the seasoning to be a little higher and instead of using one teaspoon butter to one cupful meat, allow one tablespoon for each cup of meat to make up for the deficiency in fats.

RECIPE 314. PLANKED HAMBURGER STEAK.

Warm the plank for five minutes in the oven or broiler. Butter it well. Spread the hamburger out in an oblong mass about one inch thick. Put a few bits of butter over it or bits of bacon or salt pork. Season well. Bake in oven twenty minutes, or broil under the gas for

about ten minutes. Serve on the plank with a little melted butter poured over it, or a Maitre d'Hotel Sauce (see Index).

RECIPE 315. PLANKED HAMBURGER SPANISH.

Broil on the plank as in Planked Hamburger. At the end of about ten minutes remove from the broiler and lay slices of tomatoes and very thinly sliced onions and green peppers over it. Spread on a few buttered bread crumbs. A border of left-over rice or mashed potatoes or macaroni and cheese or spaghetti and cheese makes a pretty finish for the dish. Put them on the plank when you add the vegetables. Bake about ten minutes. If potatoes are used they should be brushed lightly with the yolk of an egg to make them brown nicely.

RECIPE 316. BROILED HAMBURGER BALLS.

Take two tablespoonsful of hamburger, press it out into an oblong flat shape, wrap a slice of thin bacon around it, fasten bacon securely with a wooden toothpick. Broil until done. Time will depend upon whether you want rare, medium or well done meat. Do not overcook it. Allow as many pieces as required. One-half pound of hamburger is enough for a small family.

RECIPE 317. CREAMED HAMBURGER HASH ON TOAST.

Follow the directions for plain Hamburger Hash on Toast, substituting cold milk for the water. If you use hot water or milk you harden the fiber of the meat and it will be lumpy.

RECIPE 318. HAMBURGER HASH ON TOAST.

1 cup raw hamburger	salt, pepper and paprika
1 cup cold water	to taste
1 tablespoon butter	1 tablespoon flour

Stir the hamburger and water together, put over a slow fire and let come slowly to the boiling point, stirring all the time, so it will be smooth. Rub the flour and butter together, add to the meat, stir well, add seasonings. Butter some fresh toast, pour the hamburger on toast and serve at once. A tablespoonful of tomato catsup or a tablespoonful of minced parsley is nice. For a change serve poached eggs with it, allowing one egg for each slice of toast. Green peppers or a minced pimiento can be used.

RECIPE 319. HAMBURGER COUNTRY STYLE.

Make into balls, roll in flour, salt and pepper and saute a nice brown, then cover with milk and let simmer for fifteen minutes; thicken the gravy, serve hot.

RECIPE 320. POT ROAST OF VEAL OR LAMB.

4 pounds rump of	1 pint stewed tomatoes
veal or lamb	3 diced carrots
2 ounces suet	2 teaspoons salt
	$\frac{1}{8}$ teaspoonful pepper

Try out the beef drippings in an iron kettle and remove the cracklings. Put in the meat and brown it slowly, taking care not to use too much heat, as that will make it stick and burn. When properly colored, remove from the pot, season and add balance of ingredients to drippings. Pour in a pint of boiling water or stock, replace the meat and put in the bones. Cover tightly and cook slowly from three to four hours. When meat is tender, remove and let it cool slightly, so that it will not fall apart when cut. Thicken the gravy with a tablespoonful of flour or cornstarch dissolved in cold water and allow it to boil for five minutes, then strain and season it with a half teaspoonful of Worcestershire Sauce. A small shoulder of veal or lamb, boned and rolled, can be used in this way.

RECIPE 321. VEAL BIRDS ON TOAST.

One pound veal cutlet cut one-half inch thick. Remove tough skin and fibers and cut meat into strips two and a half inches long by about an inch and a half wide. Pound these strips thin and flat with wooden potato masher. Take one-half cup cracker crumbs, season highly, add one-fourth cupful of milk stirred into one-half an egg. Mixture should be rather firm and stick together well. Spread a thin layer of these cracker crumbs onto each strip of veal and then roll it up like a jelly roll, fastening each roll securely with two wooden toothpicks. Roll each one in flour and saute them in a hot frying pan with two tablespoonsful of butter or fat of some kind. Saute a nice brown. This will take only a few minutes, then pour into frying pan around the "birds" one cupful of milk and let meat simmer slowly in this milk for thirty minutes. Remove "birds," place on hot toast and thicken the milk in pan for a nice "gravy" and pour over the birds. If there is not enough milk in the pan add a little more, season and thicken with a little flour. By placing the wooden toothpicks properly they will resemble the "legs" of the "bird."

RECIPE 322. VEAL OYSTERS.

Cut pieces of lean veal into pieces about the size of an oyster. Dip each piece in cracker crumbs, shake salt, pepper and a little ground mace on them. Dip in egg and again in bread crumbs. Fry in deep fat until a delicate brown. Will taste like oysters.

RECIPE 323. BEEF A LA MODE.

Select a short, thick piece of the crosscut of the rump. Have the butcher remove the bone, leaving a "pocket" in the meat. Into this fill a stuffing (look under recipes for various stuffings). The one called Onion and Sausage Stuffing is nice for Beef a la Mode. Close up the opening with skewers or a heavy thread after the stuffing is in. Take some long, slender strips of salt pork, and with a larding needle sew pieces of pork into the meat, or slits made in the meat with a long sharp knife will answer. Into these slits force some thin strips of salt pork. Now proceed just as for German Pot Roast, thoroughly searing the roast. Before adding any water thoroughly dredge the roast with flour, turning it well over so that all sides may be brown. There will be enough fat from the roast in the pot to do this nicely. Now add the water, but see that the end of the roast which has the opened end of stuffing in it is on the top, so that water does not soak into it too much. A couple of cloves and a quarter of a teaspoonful of nutmeg should be added to the water in the pot. Serve with a brown gravy from the roast.

RECIPE 324. BREADED PORK TENDERLOIN.

Split the tenderloins, pound them flat and cut into convenient sized pieces. Roll each piece in a little egg and milk, then in dry bread crumbs. Fry in an iron frying pan, cooking slowly till thoroughly done, in 2 or 3 spoons of hot fat. Season. Nice served with a Spanish or creole sauce, or a white sauce, or brown sauce.

RECIPE 325. PORK TENDERLOIN COUNTRY STYLE.

Split the tenderloins, pound flat, cut into convenient sized pieces, roll each piece in flour. Have ready a hot iron frying pan with 2 or 3 tablespoons hot fat. Fry tenderloins slowly. Cover frying pan with a lid. Season the tenderloins when you turn them, frying a nice brown. When done, remove from pan and add flour to fat in pan and 1 cup milk or water. Stir till it thickens. Pour over the tenderloins.

RECIPE 326. STUFFED PORK TENDERLOIN.

½ pound pork tenderloin	1 tablespoon butter
1 cup bread or cracker crumbs	4 slices bacon or salt pork
	1 onion minced

Cut the pork tenderloin across the grain in one-inch pieces and pound them down to one-half inch thickness. Fry the minced onion in the butter until onion is soft and looks yellow, and add to the crumbs. Season highly. Now dust the slices of meat with a little salt and pepper. Make a sort of sandwich with two pieces of meat with the onions and crumbs placed between to thickness of about one-half inch. Wrap each "sandwich" with a very thin slice of bacon, fasten bacon securely with a wooden toothpick. Place in a roasting pan and bake in oven about thirty minutes. Have a little water in the pan, but not enough so it will reach up to the bread crumbs. Can be served with or without sauce. Nice cooked in a casserole.

RECIPE 327. PORK TENDERLOIN LYONNAISE.

Wipe and split two pork tenderloins in halves, lengthwise, sprinkle with salt and pepper and dredge with flour. Brown the meat in an iron frying pan in hot fat. Remove to well greased dripping pan and add to fat three onions thinly sliced, cook until delicately browned, stirring often. Sprinkle over onions two tablespoons flour and stir well. Put two tablespoons vinegar into one-half cup hot water, add slowly to onions. Mix thoroughly. Lay tenderloins over onions, cover closely and cook in the oven until the meat is tender. Dispose tenderloin on hot serving platter and pour over contents of frying pan. Vinegar may be omitted and more water added.

RECIPE 328. PORK TENDERLOIN FINANCIERE.

Take one pound of pork tenderloin, a few pieces salt pork in thin strips. Take a larding needle and put strips of salt pork through the tenderloin. Roast in a pan with a little water, carrots, onions and celery. Keep on basting for three-quarters of an hour.

FINANCIERE.

Make a brown sauce by adding a little flour and water to gravy. Put in one-half glass of sherry, a few olives, chicken livers or sweetbreads cut in small dice and a few canned mushrooms. Pour this sauce over the baked tenderloin.

RECIPE 329. STUFFED CHOPS.

6 French mutton chops	2 potatoes
2 tablespoons chopped ham	1 teaspoon salt
	1 saltspoon black pepper
2 tablespoons butter	

Boil and mash the potatoes, add the chopped ham, salt and pepper and mix thoroughly. Put two tablespoonfuls of butter into a shallow frying pan. When hot throw in the chops and sear them on both sides. Heap on one side enough potato mixture to make a little mound. Dip the whole chop in an egg beaten with a tablespoonful of water, dust thickly with bread crumbs and fry in deep hot oil. Stand them in the center of a round dish, slip chop papers over the bones, fill the dish with nicely seasoned hot peas and send to the table.

RECIPE 330. BREADED CHOPS.

Select any chops desired, roll them in bread or cracker crumbs, then in egg and again in crumbs. Saute in an iron frying pan with sufficient fat to cook them a delicate brown. Cook with a slow fire, turn several times so that both sides may brown evenly. May be served with a gravy made from the fat in which the meat has cooked, or with a White Sauce No. 1 or a Brown Sauce. If the fat in the pan is used, which is a very nice way to serve the chops, pour off all the fat from the pan except two tablespoonfuls. Add one tablespoonful flour, rub smooth and add one cupful hot water or milk. Stir until it thickens. Season to taste. Pour over the chops, on a hot platter.

RECIPE 331. BROILED LAMB CHOPS.

Have the broiler very hot. Cook the chops until done to your taste. Season when about half cooked with pepper and salt. When daintily served they are placed on a hot platter between hot slices of buttered toast. The toast should be cut in rather longer than wide slices. They can be cut with a sharp point (dipped in butter, then in minced parsley). Have the toast freshly made and hot. Garnish platter with parsley and potato chips if desired.

RECIPE 332. BROILED ENGLISH MUTTON CHOPS.

These are cut not less than two inches thick. Broil in a very hot oven for five minutes, season and then broil in a moderate oven for fifteen minutes longer. Have them medium rare. Serve hot, with slices of hot but-

tered toast for a garnish. A Special Baked Potato (see Index) is nice with broiled steaks or chops.

RECIPE 333. BOILED LEG OF MUTTON.

Put the leg into boiling salted water, let cook tender, allowing twenty minutes for each pound. Allow 1 teaspoonful salt for each quart water. Serve with Drawn Butter, Caper Sauce or Mint Sauce. Serve Currant Jelly also.

RECIPE 334. BRAISED LEG OF MUTTON.

Have butcher remove the bone. Prepare a nice stuffing (see Index), fill and sew and place in a double roaster. Cut carrots, turnips into dice. Slice onions, cook vegetables in frying pan with one-quarter cup butter five minutes, then add three cups water, simmer five minutes, then pour all into the pan with the mutton, cover tightly, bake two and one-half hours slowly, then remove cover and brown thirty minutes. Make brown gravy, serve with the vegetables.

RECIPE 335. STUFFED ROAST SHOULDER OF LAMB, VEAL, PORK.

For small family three pounds is sufficient. Have the butcher make a "pocket" and remove the blade bone, and crack the joints between the ribs. This assists the carver. (See Index for Onion Sausage Stuffing.) Shake a little pepper and salt into the "pocket," fill with stuffing. Tie the roast sufficiently to hold in the stuffing, dust over outside with a little flour, salt and pepper. (See Index for directions for roasting meats.)

RECIPE 336. BRAISED VEAL SHOULDER.

Have shoulder boned. Fill with stuffing (see Stuffings). Prepare bed of vegetables as for braised beef. Lay veal on it, add 1 pint boiling water, 1 pint stewed tomatoes, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper. Cover and cook 4 hours in moderate oven. Uncover and brown. Serve strained gravy separately.

RECIPE 337. BRAISED BEEF.

Wipe and trim 4 pounds round or rump of beef without bone. Sear brown on all sides in very hot frying pan over hot fire. In braising pan or iron kettle put layers of sliced onions, turnips and carrots; add bunch of sweet herbs, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper; on this lay meat. Add 1 pint boiling water (or water and stewed tomatoes). Cover closely and cook 4 hours in

moderate oven. If water evaporates rapidly add more. Transfer meat to hot platter. Strain, thicken and season gravy. The vegetables may be served separately if desired.

RECIPE 338. BRAISED BEEF TONGUE.

Order a fresh tongue, wash it and put in a kettle. Cover with boiling water; cook slowly two to three hours. Remove tongue from water, peel off skin and trim off roots. Place in Dutch oven or deep earthen dish and surround with one-half cup each of carrot, turnip, celery and onion, cut in half-inch dice, one green pepper (seeds and veins removed) cut in shreds and two sprays parsley. Pour over a quart of brown sauce seasoned with one-half tablespoon Worcestershire sauce. (Stock in which tongue was used may be used for making sauce.) Cover closely and simmer slowly (do not allow sauce to boil) two hours, or until tongue is tender. Serve on a hot platter.

RECIPE 339. BOILED BEEF TONGUE.

Cover a well pickled tongue with plenty of cold water, add 1 bay leaf, 2 or 3 whole cloves. Let come to the boil, pour off this water (and save it for soup stock). Cover tongue with fresh boiling water and let boil three or four hours, until so tender that the small bones at top fall out.

RECIPE 340. BOILED CORN BEEF.

Select a good rump, or a brisket piece. Cover with cold water, bring to the boil, pour off water. Cover again with water and let simmer three or four hours until very tender.

RECIPE 341. NEW ENGLAND BOILED DINNER.

Serve corn beef with cabbage, turnips, carrots, beets and potatoes, boiled until tender with corn beef. See time table for time of cooking vegetables, and put vegetables in to cook according to necessary time to cook them.

RECIPE 342. CORN BEEF HASH.

Chop together equal parts corn beef and cold boiled potatoes. Put in frying pan with some hot fat, press a plate down on the meat, let saute a nice brown. If a moist hash is desired, add a little hot water, cover frying pan and let cook until brown underneath. Sometimes corn beef hash is baked in oven in baking pan.

RECIPE 343. BROILED HAM.

Have ham at least one-half inch thick. Broil in a hot broiler for about five minutes. Serve with eggs or any kind of potatoes. Potatoes diced in cream are especially nice.

RECIPE 344. FRIED HAM.

Put into a hot frying pan, cook for two or three minutes, turn and cook two or three minutes more. A very nice way for a change is to add a cupful of milk after the ham has been fried brown, let it simmer slowly in the milk for about ten minutes. The milk can be served as a gravy around it and can be thickened with a little flour, or not, as desired.

RECIPE 345. BOILED HAM NO. 1.

Soak over night, covered with cold water. In morning trim off the meat at small, hard end. Put in a deep kettle, cover with cold water and bring slowly to a simmering point. Let cook four or five hours until tender. A few whole cloves added to the water as it boils adds flavor. After boiling remove ham from the water, take off the brown skin, cover with sugar and dry bread crumbs, bake slowly one hour. Serve hot or cold.

RECIPE 346. BROILED BACON.

Follow directions for Broiling Ham, substituting bacon for ham, and do not let it cook too long.

RECIPE 347. FRIED BACON.

If you desire the bacon to be very crisp, do not have the pan too hot when you put it in. Let it fry slowly and until cooked to your taste. Can also be cooked with the milk sauce as in Fried Ham, but it will not be so crisp.

RECIPE 348. FRIED SALT PORK WITH CREAM GRAVY.

Cut the salt pork into thin pieces. Fry slowly until very crisp. Make a No. 1 Cream (White) Sauce, using cream instead of milk. Of course, milk can be used, but is not so rich. This dish is usually served with baked or boiled potatoes.

CHAPTER IX

Potatoes.

RECIPE 349. PLAIN BAKED POTATOES.

Wash a sufficient number of potatoes. Use a little vegetable brush. It saves the hands and clean potatoes better. Bake until soft and mealy. The time will depend upon size and age of potatoes. New potatoes cook more easily. If potatoes are large and it is late in the season, cut off a slice from one end of potato and it will be more mealy. Where there is a large family of children, and if milk is plentiful, serve a No. 1 White Sauce in a sauceboat, and use sauce instead of butter over potatoes.

RECIPE 350. PLAIN BOILED POTATOES.

They can be boiled with skins on or not, as desired, but if pared certain of the elementary salts are lost. The time of cooking will depend upon age and size of potato. Usually about forty-five minutes is required for a medium-sized potato. Where milk is plentiful many people make a No. 1 White Sauce to serve with boiled potatoes. Serve it in a gravy boat.

RECIPE 351. MASHED POTATOES FOR TWO PERSONS.

Pare 4 medium sized potatoes, boil in salted water until tender. Pour off water, cover again and let steam for two or three minutes to dry them a little. Mash them thoroughly. If you have cream use that, if only milk, scald enough to make the potatoes easy to beat, add 1 heaping tablespoon butter, $\frac{1}{4}$ teaspoon pepper, a little paprika. Now beat the potatoes until they are smooth and creamy. The more you beat them the lighter they will be. Pile into a hot dish, put a piece of butter on top and serve very hot. A little minced parsley sprinkled over the top is nice. Left-over mashed potatoes can be used in many ways (see Index).

RECIPE 352. POTATOES IN CREAM.

Pare and boil a sufficient number of new potatoes in enough salted water to cover well. Boil them gently, not too hard. When tender, cover with a No. 1 White Sauce (see Index).

RECIPE 353. DICED POTATOES IN CREAM.

Always use cold boiled potatoes, if they have been cooked the day before they will be all the better. Dice them neatly, make a No. 1 White Sauce (see Index), drop the potatoes in gently, shake until well covered by the sauce, and serve very hot. A tablespoon of minced parsley is nice.

RECIPE 354. POTATOES AU GRATIN.

2 cups small diced cold potatoes	$\frac{1}{2}$ cup grated cheese $\frac{1}{2}$ cup buttered bread crumbs
2 cups No. 3 White Sauce	

Boil the potatoes the day before you want to use them.

Make a No. 3 White Sauce (see Index) and while it is thickening add $\frac{1}{4}$ cup of the cheese, which should be sharp. When sauce has thickened stir in $1\frac{1}{2}$ cups of sauce gently through the potatoes, until potatoes are all mixed with sauce. Now put potatoes into a deep baking dish, spread over them remaining half cup of sauce, then rest of the grated cheese, and last buttered bread crumbs. Bake about fifteen minutes, or until the top cheese has melted and the crumbs have browned. The crumbs can be omitted if desired. A dash of pepper and paprika on top adds to the appearance of the dish. Serve very hot in dish in which they bake.

RECIPE 355. POTATOES O'BRIAN.

Cut raw potatoes into round balls with a French potato cutter, or slice them into very small cubes. Fry in deep fat, sprinkle with salt and pepper and place on a paper to drain. Fry 1 onion in a little butter, for two or three minutes, then remove onion and add to butter in pan 2 minced canned pimientoes. When pimientoes are heated, add potatoes, sprinkle in a tablespoon of minced parsley, stir for a minute, turn into a hot dish and serve at once.

RECIPE 356. POTATO NESTS.

Cut up a sufficient number of raw potatoes into very small pieces, like shoe strings. Throw into ice water for fifteen minutes. Dry on a towel. Put a deep kettle of fat to heat. Have ready two wire strainers, one about four inches across, the other strainer about two inches in diameter. Line the larger strainer with a layer of the potatoes, press smaller strainer in the center of the larger

one so as to make potatoes "nest" about the smaller one. Hold small strainer in place with a long handled spoon. When fat is hot, fry potatoes a delicate brown. Remove from the strainer and you will find them in a nest. Cook as many of these as needed. Nice for serving small articles in. Creamed Peas, Mushrooms, Sweetbreads, small Fillets of Fish. Serve at once very hot.

RECIPE 357. JULIENNE POTATOES.

Cut raw potatoes in long slender strips (shoe strings). Throw into cold water until ready to cook. Have a kettle of hot deep fat. Wipe potatoes dry. Throw part of them into the hot fat, fry until brown, drain on soft paper. Shake on salt and pepper. Keep hot while frying balance of potatoes.

RECIPE 358. FRIED POTATO BALLS.

Cut out potatoes with a French vegetable scoop. Either cold boiled or raw potatoes can be used. If the latter, soak fifteen minutes in ice water, wipe dry, allowing a little more time for frying than if they are cold boiled. Fry in deep fat like Doughnuts. Drain on paper, sprinkle with salt and pepper and serve at once very hot.

RECIPE 359. COTTAGE FRIED POTATOES.

Slice one large or two medium potatoes (raw). Saute in a frying pan slowly with 2 tablespoons fat, stirring often. Cook until tender, with a lid on the pan. Have them nice and brown. Parsley minced can be added. Season to taste.

RECIPE 360. MINCED RAW FRIED POTATOES.

Chop raw potatoes very fine. Saute slowly in two tablespoons fat. Stir frequently. Season to taste. Cook until tender and nicely browned.

RECIPE 361. POTATO CHIPS.

Wash and pare potatoes and slice them as thin as possible, using a potato slicer if you have one. Cover them with ice water and let stand for at least two hours, but change the water at least twice. Drain them, cover with boiling water and boil one second, drain again and cover with ice water again. Take them from the water, dry between two towels and fry in deep fat like Doughnuts. While they are frying keep them moving a little, stirring with long handled wire dipper. Drain on paper and sprinkle with salt.

RECIPE 362. FRENCH FRIED POTATOES.

Wash and pare potatoes and cut in long cubes. Cover with boiling water for one minute. Drain, wipe dry and fry in deep fat. If fat is too hot they will brown before they are cooked to the center. Try fat with small crust of bread. If you can count sixty before it is too brown, the fat is just right. Do not put too many potatoes in at one time, and let the fat heat for a moment before each lot of potatoes is added. Drain on paper and serve hot. Sprinkle well with salt and pepper.

RECIPE 363. ESCALLOPED POTATOES.

Slice raw potatoes very thin. Put in a baking dish with seasoning to taste. Break up a tablespoon of butter into small pieces and place on top of the potatoes. Fill the dish with enough sweet milk to come up to the top of the potatoes. Bake in a slow oven about thirty minutes. Serve hot in the dish they were baked in.

RECIPE 364. SPECIAL BAKED POTATOES.

Select large perfect potatoes, wash thoroughly with a vegetable brush. Bake until soft and mealy. Cut a slice off of one side of each potato, scoop out the potato pulp, mash it with a little cream, butter and seasoning. Beat up very smooth and light. Fill it back into potato shell, cover with buttered bread crumbs and bake again until crumbs are brown. Serve very hot. This dish may be varied by adding a little minced cold boiled ham, minced parsley or pimiento to potatoes. If you have the yolk or the white of an egg left over, stir it well into the mashed potato pulp, which gives another variation in seasoning. Another way is to scoop a "well" in each potato and drop in one whole raw egg. Bake until egg has "set."

Sweet Potatoes.

RECIPE 365. SWEET POTATOES SOUTHERN STYLE.

Wash and pare sweet potatoes and cook in boiling salted water ten minutes. Drain and cut in half lengthwise. Boil $\frac{1}{2}$ cup sugar and 4 tablespoons of water for three minutes, add 2 tablespoons butter. Dip each piece of potato in this syrup, then lay it in a buttered baking dish. Bake in a slow oven forty-five minutes, pouring a few drops of the syrup on each potato several times during the baking. Serve hot in dish they are baked in.

RECIPE 366. SWEET POTATOES MASHED AND BAKED.

Wash, pare and cook in salted boiling water until tender. Mash them and add to each cup of potatoes 1 tablespoon butter, 1 tablespoon cream and seasoning to taste. Pile them roughly in a deep buttered baking dish. Make a syrup of 3 tablespoons of molasses and 2 of butter, boiled together for five minutes. Pour this syrup over the potatoes and bake until nice and brown. Serve hot in dish in which they were baked.

RECIPE 367. FRIED SWEET POTATOES.

Slice cold boiled sweet potatoes in thin slices, saute in butter and season with a little pepper, salt and paprika. A teaspoon of sugar can be shaken over them as they are frying.

RECIPE 368. SWEET POTATO BALLS OR CROQUETTES.

1 cup hot mashed sweet potatoes	3 teaspoons butter
yolk of 1 egg	salt and pepper to taste

Mix the beaten yolk, butter and seasoning with the potatoes. Shape into small balls, roll in a little flour, fry in deep fat like Doughnuts. Drain, serve very hot.

Left Over Potatoes.

RECIPE 369. CREAMED POTATOES SOUTHERN STYLE.

1 cup cold boiled potatoes	$\frac{1}{4}$ teaspoon paprika
1 tablespoon butter	1 tablespoon minced parsley
$\frac{1}{2}$ teaspoon salt	1 cup cream

Cut potatoes into small cubes, put into a deep baking dish, add butter and seasoning. Cover with the cream and bake slowly thirty minutes. When ready to serve sprinkle on the parsley. Serve all very hot, in dish in which potatoes were baked.

RECIPE 370. HASHED BROWN POTATOES.

Take cold boiled potatoes, hash them fine and put into a hot frying pan, with a generous allowance of fat. Season them, cover with a plate, bottom side down, pressed well onto the potatoes. Put the potatoes on a

very slow fire and cook without turning for fifteen minutes. There will be a nice crust on the bottom. Fold potatoes like an omelette and serve at once very hot. If desired a few minced onions can be cooked with the potatoes or a little minced parsley is nice.

RECIPE 371. BOSTON POTATOES.

2 cups cold boiled sliced potatoes	2 cups No. 1 White Sauce (see Index)
3 hard boiled eggs	$\frac{1}{4}$ cup buttered bread crumbs

Butter a deep baking dish, place in it alternate layers of sliced potatoes, sliced hard boiled eggs, White Sauce No. 1, seasoning. Have the last layer, White Sauce No. 1 and spread on top the buttered bread crumbs. Dash lightly with salt, pepper and paprika and bake until crumbs are brown.

RECIPE 372. LYONNAISE POTATOES.

Slice the cold boiled potatoes very thin. Fry one medium-sized onion in three tablespoons butter until the onions begin to brown. Add the potatoes, let them brown one side, then turn them over and brown the other side. Fold like an omelette and serve on a hot platter. A little minced parsley adds to the flavor.

Left Over Mashed Potatoes.

RECIPE 373. POTATO CAKES.

Take a cup cold mashed potatoes, shape into small flat cakes, roll in flour and saute in plenty of butter. Cook first on one side until brown. Add a little more butter to the pan, turn the cakes over and brown on the other side. Serve hot.

RECIPE 374. POTATO SURPRISE CROQUETTES.

Get three very small link sausages. Boil them ten minutes. Remove the membrane from around them. Cut them in half across, not lengthwise. Take a tablespoon cold mashed potatoes and entirely surround each piece of sausage, shaping into an oblong croquette. Roll in dry bread crumbs, egg and crumb again and fry in deep fat. Serve very hot. A little minced parsley can be added to the potato mixture. Creamed peas or chicken can be substituted for the sausage, in which case it will

be necessary to take a tablespoon of potatoes, make a little "well" on one side, place the creamed mixture in it, then take a little more potato and cover the "well," roll croquette in crumbs, egg, crumb and fry a nice brown, in deep fat. Serve at once very hot.

RECIPE 375. POTATO BALL CROQUETTES.

One teaspoon at a time of cold mashed potatoes. Roll into little balls, crumb, egg, crumb and fry in deep fat.

RECIPE 376. BAKED MASHED POTATOES.

One cup cold mashed potatoes. The yolk of 1 egg, beaten into 2 tablespoons of milk and then added to the potatoes. Put in a deep buttered baking dish and bake ten minutes or until they are a nice brown. Two tablespoons minced parsley or ham is nice.

RECIPE 377. VIENNA POTATO ROLLS.

Take a tablespoon at a time cold mashed potatoes, shape them like a Vienna bread roll, score across the top four times, brush with yolk of an egg. Brown in the oven. Serve hot.

RECIPE 378. POTATO PYRAMIDS.

Take a tablespoon at a time of mashed potatoes, shape into pyramids, brush with the yolk of an egg, brown in the oven.

CHAPTER X

Vegetables.

RECIPE 379. ONIONS IN CREAM.

Pare and boil the onions in salted boiling water until tender. Make a No. 1 White Sauce (see Index), drain the water off the onions, put the onions in the White Sauce, shake well for a minute until they are covered with the sauce, serve very hot.

RECIPE 380. ONIONS WITH DRAWN BUTTER SAUCE.

Pare and boil the onions until tender. Take 1 cup of the water in which they are boiled, add 1 tablespoon of butter, a little pepper and paprika, and about 1 teaspoon of flour to thicken the sauce. It is well to rub the flour with the butter so that the flour will not lump.

RECIPE 381. ONIONS BAKED WITH NUTS.

Pare and boil good sized Bermuda onions in boiling salted water until they are very tender. Make a stuffing of equal parts of ground English walnuts and buttered, dry bread crumbs, season with salt, pepper and paprika. Take a sharp knife and cut out the center of the onions, and pull out several layers to make a "well," in the center. Fill this "well" with the stuffing of nuts and crumbs. Put onions in a baking dish, surround with plenty of water in which onions were boiled, bake in oven until the crumbs are browned. Serve with a Drawn Butter or Cream Sauce poured around them. The water in the dish should not be deep enough to come up to the stuffing.

RECIPE 382. ONIONS WITH SAVORY SAUCE.

Cook young onions in boiling water until tender. Then drain them and pour over them a cup of good meat stock. Let them simmer for a few minutes, then remove to a hot dish while you add to the stock a tablespoon of tomato catsup, 1 teaspoon Kitchen Bouquet, and last 1 tablespoon of butter rubbed into 1 tablespoon flour. Stir until sauce thickens, season to taste and pour over the onions.

RECIPE 383. FRIED ONIONS.

Slice very thin a sufficient number of onions, heat a very little fat in a frying pan, add onions. Cook slowly, stirring frequently so they will not scorch. It takes twenty to thirty minutes to fry onions well done.

RECIPE 384. ONIONS WITH CUSTARD SAUCE.

Cook onions in boiling salted water until tender. Then make a No. 1 White Sauce (see Index). Drain the onions, place them in a buttered baking dish, add the beaten yolks of 1 or 2 eggs to the White Sauce, pour the sauce over the onions, sprinkle with buttered dry bread crumbs and bake until the crumbs are brown, by which time the eggs will also be set.

RECIPE 385. ONIONS WITH CHICKEN STUFFING.

Prepare as for Onions Stuffed with Nuts, substituting a little finely minced chicken and some of the boiled onions removed from the center. Serve with a sauce.

RECIPE 386. FRENCH FRIED ONIONS.

Take good sized onions, peel and cut across in one-quarter inch slices. Separate the rings. Dip them in

milk, drain and then roll them in a little flour. Fry in deep fat like Doughnuts. Drain on paper, season with salt and pepper. Serve at once very hot.

RECIPE 387. ESCALLOPED ONIONS.

Peel and cook onions in salted water until tender. Cut them in quarters and place in a baking dish. Cover with a No. 1 White Sauce (see Index), sprinkle thickly with buttered dry bread crumbs, bake in oven until crumbs are brown. Dash on top a little paprika.

RECIPE 388. FRIED PARSNIPS.

Cook parsnips in boiling water until tender. Cool, remove the skins, then slice them in one-quarter inch slices, roll them in flour and saute them in butter. Season to taste. Serve hot.

RECIPE 389. PARSNIP BALLS OR CROQUETTES.

Cook parsnips until tender in boiling water. Let cool, remove the skins and mash them smooth with a potato masher. Pick out any stringy parts.

1 cup mashed parsnips	6 English walnuts
½ cup cracker crumbs	in halves
1 egg yolk	salt, pepper and paprika to taste

Mix parsnips, crumbs, egg and seasoning together. Take ½ a walnut and surround it entirely with the parsnip mixture, forming a ball with the walnut as the center. Fry these balls in deep fat like Doughnuts. Drain on paper and serve very hot.

RECIPE 390. PARSNIP FRITTERS.

Cook parsnips in boiling water until tender. Remove the skins, mash, season with salt and pepper.

1 cup mashed parsnips	1 tablespoon butter
	¼ teaspoon paprika

Shape into small flat cakes, roll in flour and saute in a little butter.

RECIPE 391. FRENCH FRIED PARSNIPS.

Cut, wash and pare parsnips. Cut into inch cubes. Fry in deep fat until brown and tender. Do not have fat too hot. See directions for Deep Fat Frying.

RECIPE 392. SAUTED PARSNIPS.

Wash and boil a sufficient quantity of parsnips. Two good sized ones will be enough for a family of two. Cook until tender. Let cool. Peel them and cut in long thin

strips lengthwise. Roll in flour and saute a nice brown in sufficient fat to keep from scorching. A heavy iron skillet is best. Serve at once.

RECIPE 393. SOUFFLE OF PARSNIPS.

Wash and boil until tender enough parsnips to make a cup when mashed. When tender, let cool, then pare and mash well, removing any stringy parts.

1 cup mashed parsnips	½ cup cracker crumbs
1 cup No. 2 Sauce	salt, pepper and paprika to taste
2 eggs	

Add parsnips, seasoning and cracker crumbs to White Sauce. Cream the yolks and add to parsnip mixture. Beat white of eggs to a very stiff froth and fold into souffle. Butter a deep baking dish and pour in the souffle. Bake about twenty minutes in a hot oven. Serve in dish in which it is baked as soon as taken from the oven.

RECIPE 394. BOILED BEETS.

Wash beets, cut off some of the tops, but do not cut within three inches of the beets or they will bleed and lose their color. Cook in boiling water until tender. If the beets are young and tender it will take about forty-five minutes to cook them. If winter beets from three to four hours. When they are tender, remove from the water and peel them. They can be served with a Drawn Butter Sauce (see Index) or a Vinegar Sauce (see Index) or just with plain hot vinegar.

RECIPE 395. PICKLED BEETS.

Follow directions for boiling beets. Put them in cold vinegar. They are nice added in small quantities to many forms of salads and for decorating many dishes.

RECIPE 396. BOILED BEET TOPS.

Wash beets very thoroughly. When young tender beets are used, save tops, cook in boiling water until tender. Serve with vinegar. Season to taste.

RECIPE 397. BOILED DANDELION GREENS.

In the spring, cut the early tender dandelion tops. Wash thoroughly through several waters. Cook until tender in boiling water. Drain well. Serve with a little melted butter and hot vinegar. Season to taste.

RECIPE 398. PEAS IN CREAM.

If fresh peas are obtainable, pick over a sufficient quantity, remove from pods. Cook in boiling salted

water until tender. About thirty to forty minutes if young. Drain off water and add milk to cover, season to taste, add a little butter and thicken the milk with a little cornstarch wet up with a spoon of milk or water. When the milk has thickened they are ready to serve. When canned peas are served, pour off the liquor from the can, rinse the peas in cold water for a minute, then put into the milk sauce. Serve hot. Save the water from the can of peas. (See Surprise Soup, Index.)

RECIPE 399. PEAS IN BUTTER.

Follow directions for boiling peas. When cooked tender, pour off the water and pour over the peas a little melted butter. Season to taste; serve hot.

RECIPE 400. BOILED SPINACH.

Spinach is one of the cheapest and most healthful of foods and should be eaten freely for the salts it contains.

Wash one-half peck very thoroughly. It will take several waters to get it clean from sand. Pick it all over carefully, cutting each leaf from the root. Cook in a little boiling water. Young Spinach requires almost no water, but old Spinach requires about two quarts of boiling salted water, for each peck of Spinach. Cook about thirty minutes. When tender press all the water from it, put it in a chopping bowl and chop it up fine. Put back on fire to heat it again, add a little melted butter and season to taste. Put it into a hot serving dish and sprinkle a minced hard-boiled egg over the top, or the egg can be sliced and laid on. All green vegetables retain their color best by not covering the pot in which they boil.

RECIPE 401. ESCALLOPED SPINACH.

Chop boiled Spinach very fine. Make a No. 2 White Sauce. Take a baking dish, put a layer White Sauce, then a layer of Spinach, then a layer of sliced hard boiled eggs, then a layer of White Sauce, alternating layers till pan is filled, having top layer White Sauce, with buttered bread or cracker crumbs on top. Bake about fifteen minutes.

RECIPE 402. SPINACH AU GRATIN.

Follow recipe for Escalloped Spinach, only add $\frac{1}{4}$ cup cheese for each cup of White Sauce. Dissolve cheese in White Sauce as it is cooking. If eggs are very expensive, they can be omitted and cracker crumbs used instead.

RECIPE 403. SPINACH IN CREAM.

Prepare Spinach as for Boiled Spinach. When cooked tender drain thoroughly, press out all the water, chop Spinach fine, put back in stew pan, add a little hot milk. Rub together one teaspoon flour with one of butter, stir into the milk and spinach. Season to taste. Can be served on toast or without.

RECIPE 404. STEWED FRESH MUSHROOMS.

Cut stems away from the caps. Pare caps and break into pieces. Scrape stems, cut into pieces, serve in a Brown Sauce as follows:

1 cup mushrooms	$\frac{1}{8}$ teaspoon each pep-
1 tablespoon butter	per and paprika
1 teaspoon flour	$\frac{1}{2}$ cup water
	$\frac{1}{4}$ Teaspoon salt

Melt the butter, brown it a little, add mushrooms and saute them for three minutes in the butter. Add flour, stir in well, then add water, stir until it thickens. Add seasoning. Cover the pan and let mushrooms simmer in the sauce for five minutes. Can be served on toast or not as desired.

RECIPE 405. FRESH MUSHROOMS IN CREAM.

Prepare the mushrooms as for Stewed Mushrooms. Instead of using water use milk or cream.

RECIPE 406. FRESH SAUTED MUSHROOMS.

Prepare the mushrooms as for Stewed Mushrooms.

1 cup mushrooms	$\frac{1}{4}$ teaspoon salt
2 tablespoons butter	$\frac{1}{8}$ teaspoon each pep-
1 teaspoon minced parsley	per and paprika
$\frac{1}{4}$ cup boiling water	1 teaspoon flour
	dash onion salt

Melt the butter, let it brown a little, add the mushrooms, saute them for five minutes, add the flour, stir in well, add the water, stir for a minute and let the mushrooms simmer for a minute, then serve on toast.

RECIPE 407. FRESH ESCALLOPED MUSHROOMS.

Prepare mushrooms as for Sauted Mushrooms. When they are sauted make a No. 1 White Sauce (see Index), take a deep baking dish, butter it slightly and place alternate layers of bread crumbs, White Sauce and Sauted Mushrooms in the dish, having a layer of White Sauce on top. Last cover lightly with a layer of buttered bread crumbs and brown in the oven for a few minutes.

RECIPE 408. FRESH BROILED MUSHROOMS.

Wash mushrooms, cut off stems. Butter a wire broiler, place mushroom caps on it with cap side down for two or three minutes. Turn them over, put a small piece of butter on each cap, broil for two minutes and carefully remove to pieces of hot buttered toast. Season with salt, pepper and paprika. The toast should be cut in circular pieces with a biscuit cutter before it is toasted.

RECIPE 409. FRESH STUFFED MUSHROOMS.

Select 6 large mushrooms, remove caps and peel them. Scrape stems and mince them. Set caps aside and make a mixture of the minced stems as follows:

2 tablespoons butter	$\frac{1}{4}$ teaspoon salt
1 tablespoon minced onion	$\frac{1}{8}$ teaspoon each pepper and paprika
$\frac{1}{2}$ teaspoon minced parsley	pinch nutmeg
	$\frac{1}{2}$ teaspoon flour
	$\frac{1}{4}$ cup milk or stock

Melt butter, add minced mushroom stems, parsley and onion, saute for a minute, add flour, stir for a minute, add milk or stock and seasoning, cook for a minute, then remove from fire and let cool for a few minutes. About twenty minutes before dinner take the mushroom caps and fill them with the mushroom mixture, cover with a thin layer of buttered bread crumbs, and bake in hot oven for fifteen minutes. Serve at once very hot.

RECIPE 410. BAKED FRESH MUSHROOMS WITH OYSTERS.

Select large mushrooms. Wash them and cut off stems. Peel the caps. Take a shallow pan, butter it and place the mushroom caps in it, on each cap place an oyster. Season with salt, pepper and paprika. On top of each one, a bit of butter. Cook in a hot oven until the oysters have ruffled. Serve on toast, very hot, and pour over them a Brown Sauce (see Index).

RECIPE 411. CANNED MUSHROOMS.

Canned Mushrooms can be used for recipes as follows: Creamed, Stewed, Sauted, Escalloped and Mushrooms with Cheese.

RECIPE 412. FRESH MUSHROOMS WITH CHEESE.

To the recipe for Stewed Mushrooms add two tablespoons grated cheese.

RECIPE 413. BOILED SUMMER SQUASH.

Wash and cut into thick slices without paring. Cook in boiling salted water until tender, about thirty minutes. Place in a cheesecloth, wring as dry as possible. Mash well, season with melted butter, pepper, salt and a little paprika. Serve hot.

RECIPE 414. FRENCH FRIED SUMMER SQUASH.

Wash, then cut into slices one-half inch thick. Roll in dry bread crumbs, dip in egg, then again in crumbs. Fry in deep fat. Serve very hot.

RECIPE 415. FRIED SUMMER SQUASH.

Pare and cut the squash into slices about three-fourths of an inch thick. Dip each slice in cracker crumbs, then in egg, then again in cracker crumbs. Saute in the frying pan in just enough fat to keep from scorching. They taste much like egg-plant when treated in this way.

RECIPE 416. BAKED WINTER SQUASH.

Cut into pieces about three or four inches square. Take out the seeds and stringy part and bake in a double roasting pan about two hours, or until soft. Use a slow oven. Can have a slight sprinkling of sugar on it if desired. Is served simply plain baked, or it can be removed from the shell, mashed thoroughly, butter, and seasoning added, and put back into shell, a few butter crumbs on top. Bake again until brown.

RECIPE 417. STEAMED WINTER SQUASH.

Winter squash is much better if steamed than boiled. Wash, pare the squash, cut into small pieces, not over two inches. Remove seeds and stringy portion. Steam for forty minutes over boiling water, longer if not tender. When cooked, mash it well, add butter and seasoning

RECIPE 418. BOILED WINTER SQUASH.

Winter squash can be prepared as for Steamed Winter Squash, then boiled in salted water until tender, but unless it is a very dry squash it is better steamed than boiled.

RECIPE 419. STEWED TOMATOES.

Fresh or canned tomatoes can be used. Put over a slow fire and let them simmer slowly about twenty minutes, stirring frequently so that the core will be broken up. Season with butter, salt and pepper. Some persons

add stale bread to thicken the juice a little. A teaspoon of flour is preferable. One teaspoon of sugar may be added if desired. If tomatoes are very acid, add a small pinch of baking soda or 1 teaspoon cornstarch before cooking.

RECIPE 420. FRIED TOMATOES.

Take large, firm tomatoes. Cut across in one-fourth inch slices. Dip each slice in break crumbs, then in yolk of egg, then again in crumbs. Saute in butter for about five minutes until tender. Season with salt, pepper and a dash of paprika. Serve at once very hot. Nice with fried chicken or fish of any kind.

RECIPE 421. BAKED TOMATOES (see Index).

RECIPE 422. ESCALLOPED TOMATOES (see Index).

RECIPE 423. CROQUETTES OF TOMATOES (see Index).

RECIPE 424. MASHED TURNIPS.

Wash and pare turnips. Cook in boiling salted water until tender. Drain, mash thoroughly, beating until smooth. Add a little butter, season to taste, pile into a hot serving dish.

RECIPE 425. CREAMED TURNIPS.

Wash, pare and cook turnips until tender in boiling slightly salted water until tender. Cut into dice and put them into some No. 1 White Sauce. When heated through serve at once.

RECIPE 426. BOILED ASPARAGUS.

Wash fresh young asparagus, trim off the tough end at the bottom, tie in bunches and cook until tender in slightly salted boiling water. Arrange neatly on salad plates and pour over it a Vinegar Sauce, Drawn Butter Sauce or Hot Hollandaise Sauce (see Index).

RECIPE 427. VINEGAR SAUCE FOR ASPARAGUS OR BEETS.

$\frac{1}{2}$ cup vinegar	1 teaspoon cornstarch
1 tablespoon butter	$\frac{1}{8}$ teaspoon paprika
$\frac{1}{4}$ teaspoon salt	

Bring vinegar to the boil with the butter, add seasoning, then cornstarch wet up with a little cold water, stir until it thickens. Pour over the asparagus or beets while hot. If vinegar is too strong use part water.

RECIPE 428. CANNED ASPARAGUS VINAIGRETTE.

Have the asparagus ice cold. Place the stalks on a platter, or on salad plates. Pour over the tips some Vinaigrette Sauce (see 153).

RECIPE 429. CANNED ASPARAGUS, HOLLANDAISE SAUCE.

Have asparagus ice cold. Place on a platter or on salad plates and put on each plate a tablespoonful of cold Hollandaise Sauce (see 141).

RECIPE 430. CREAMED ASPARAGUS.

Cut a sufficient quantity of tender asparagus into one-inch lengths. Cook in boiling salt water until tender. Drain. Make a No. 1 White Sauce, put the asparagus in it for a moment, then pour asparagus and sauce on slightly buttered toast, or it can be served without the toast.

RECIPE 431. ESCALLOPED ASPARAGUS.

Wash and cut into inch pieces some tender asparagus. Cook in boiling salted water until tender. Drain. For every cup of cooked asparagus, have one-half cup No. 1 White Sauce. Place the asparagus in the sauce, pour it all into buttered, deep baking dish. Cover with buttered bread crumbs. Bake in oven until crumbs are brown. Serve in dish in which it was cooked. This creamed asparagus can be served in little ramekins for individual serving or in patty shells.

RECIPE 432. ASPARAGUS SOUFFLE.

1 cup cooked	1 egg
asparagus	season to taste
1 cup No. 3 White Sauce	

Beat the yolk until creamy, add it to the asparagus and White Sauce. Beat the white to a stiff froth, fold into the asparagus mixture. Bake in a deep, baking dish until it is firm in the center. Probably fifteen to twenty minutes.

RECIPE 433. ESCALLOPED EGGPLANT.

Pare an eggplant. Cut it into inch cubes. Cook gently in boiling salted water until tender. Drain. Butter a deep baking dish. Cook two tablespoons butter with a small minced onion for a few minutes until onions are a little yellow, add one tablespoonful minced parsley. Stir into the cooked eggplant. Season to taste. Pour mix-

ture into the baking dish, cover with buttered bread crumbs. Bake until crumbs are brown.

RECIPE 434. STUFFED EGGPLANT.

Wash a fine large eggplant. Do not pare. Cook it in boiling salted water fifteen minutes. Remove from the water, cut a slice off the stem end, gently remove most of the pulp from the inside, but do not break the skin. To the pulp from the inside of eggplant add half as much cracker crumbs, two tablespoons melted butter, a little onion salt, pepper and paprika. If too dry add a little water. Stuff the eggplant, bake twenty-five minutes.

RECIPE 435. FRIED EGGPLANT.

Wash and pare nice firm eggplant. Slice across the eggplant in about one-fourth inch slices. Season with pepper and salt and put between two plates for an hour to drain. When ready to serve, roll in egg, then in bread or cracker crumbs and saute in butter for a few minutes until tender. Serve at once.

RECIPE 436. BOILED CABBAGE.

Cut in quarters, remove main stalk in center and soak cabbage for an hour in cold salted water. Then cover with boiling water. Cook until tender. New cabbage will cook in about an hour. Winter cabbage requires a longer time. Add one-fourth teaspoon soda to water in which it boils to prevent odor when boiling.

RECIPE 437. ESCALLOPED CABBAGE.

Take equal parts cold boiled cabbage, cut in small pieces and No. 2 White Sauce. Put in buttered baking dish, cover with buttered crumbs, bake fifteen minutes.

RECIPE 438. CABBAGE AU GRATIN.

Use cold boiled cabbage. Make No. 2 White Sauce, add $\frac{1}{4}$ cup cheese for each cup White Sauce, using one cup cabbage for each cup White Sauce. Place in layers in baking dish having White Sauce and some crumbs on top. Bake fifteen minutes.

RECIPE 439. BOILED CAULIFLOWER.

Soak cauliflower upside down in cold salted water for thirty minutes. Then cover with fresh boiling water slightly salted and with one-fourth teaspoonful soda to prevent odor. Boil until tender, about forty-five minutes to one hour. Serve with Drawn Butter or Vinegar Sauce or White Sauce No. 1.

RECIPE 440. ESCALLOPED CAULIFLOWER.

Cook same as Escalloped Cabbage, substituting cauliflower for cabbage.

RECIPE 441. FRIED CAULIFLOWER.

Boil a small head of cauliflower in salted water. Let get cold, then break the branches into pieces. Dip them in dry bread crumbs, egg and crumbs; fry in deep fat. Can be served with a No. 1 White Sauce if desired.

For a change, add 1 tablespoon of grated cheese to the White Sauce, or two tablespoons stewed tomatoes.

RECIPE 442. BOSTON BAKED BEANS.

It requires such a long time to prepare the beans that even for a small family it is well to make the following recipe as beans are good cold or warmed over:

Soak one quart navy beans in cold water over night. Pour off this water in the morning and cover beans with fresh cold water and bring slowly just to the simmering point. Let cook until tender, having one-fourth teaspoon of soda and one teaspoon of salt in the water. When beans are tender, drain off this water. In a Boston Bean jar place on the bottom a slice of salt pork, about one-fourth inch thick. Fill the jar with cooked beans, adding to the jar about one-fourth cup New Orleans molasses and one-fourth cupful brown sugar and a little pepper. Take one-half pound salt pork, score it deeply, saute it in a frying pan for two or three minutes, then bury it in the beans in the jar, add hot water to the grease in the pan and pour it over the beans in jar just until it shows through the beans. One-quarter teaspoon of mustard can be used in seasoning if desired. Let cook several hours slowly until beans are thoroughly brown. Add more water as needed. Will require from six to seven hours to bake. Fine cooked in fireless cooker.

RECIPE 443. NEW ENGLAND BEANS.

Follow recipe for Boston Beans, but instead of placing beans in a jar put them in a flat roasting pan, cover with bean water and put several bits of salt pork on top. Season. Bake slowly till brown. Can be stirred frequently. If wished more brown, let water cook partly away.

RECIPE 444. STRING BEANS.

Wash a sufficient quantity of string beans, pull off the stem and strip off the string down the back. Pick off the lower tip also. Cut each bean into 2 or 3 lengths.

Cover with salted water and boil till tender—about thirty to forty-five minutes—then drain off the water. Can be served plain with butter or a No. 1 White Sauce, or Vinegar Sauce (Recipe 427).

RECIPE 445. FRENCH STRING BEANS.

Wash and string the beans, then take a pair of scissors and cut them lengthwise in long, thin strips; put them on to boil in slightly salted water and add a very small piece of washing soda, about the size of a small pea. When tender, drain off water and serve with hot butter poured over them.

RECIPE 446. LIMA BEANS.

Hull fresh lima beans, put into boiling water, cook until tender—about thirty minutes. Pour off water. Season and serve with hot butter or No. 1 White Sauce.

RECIPE 447. SUCCOTASH.

Cooked Lima beans, added to cooked corn, makes succotash.

RECIPE 448. DRY LIMA BEANS.

Cover beans over night with cold water. In morning pour off the water and cover beans with fresh boiling water. Cook until tender, thirty to forty-five minutes. Drain and serve as you would fresh beans.

CHAPTER XI

Salads and Salad Dressings.

When we use the word "marinate" in cookery we mean to add salt, pepper, oil and vinegar to any salad ingredient or combination, and let stand until the seasoning has had time to blend.

There are only about five great families of salads—meat, fish, fruit, vegetables and the combination of meat and vegetables, usually called Russian Salads.

From these salads there can be a great variety, limited only by the ingenuity of the cook. Salads made from green vegetables must be crisp and cold. If salad dressing is added to green vegetables they quickly wilt, so add it just before serving. All greens should be thoroughly washed, put in a damp cloth and placed in a cool place until ready to use. Lettuce should be washed when

it comes from the market, and if placed in a wet cloth on the ice will keep crisp and fresh for days.

Cold meats are best marinated a few hours before using. Left-over canned vegetables can many of them be utilized in salads; in fact, with the great variety of escalloped dishes and the possibilities of different combinations of salads the careful housewife need never have a crumb wasted from her kitchen.

Many salads are not especially nutritious, but are valuable for the salts and water they contain. The oil used in the dressings should always be kept in a cool place. Buy oil by the quart or gallon if you use many salads, as it is much cheaper bought in this way than by the small bottle.

RECIPE 449. FRENCH DRESSING NO. 1.

The genuine French Dressing is made as follows:

For each person allow:

1 tablespoon vinegar	$\frac{1}{8}$ teaspoon pepper
3 tablespoons oil	$\frac{1}{4}$ teaspoon salt

Mix all these ingredients with a fork and stir until they have blended. More salt can be used, a little paprika or dry mustard or few drops of Worcestershire Sauce can be added if desired for a change. Tarragon vinegar is considered the best. If this dressing is too oily to suit you, use more vinegar and less oil, to taste.

RECIPE 450. FRENCH DRESSING NO. 2.

6 tablespoons oil	1 minced pimento
2 tablespoons vinegar	2 minced green
$\frac{1}{2}$ tablespoon minced onion	peppers
1 tablespoon minced parsley	$\frac{1}{2}$ teaspoon pepper
	1 teaspoon salt
	$\frac{1}{2}$ teaspoon paprika
	1 teaspoon Worcestershire sauce

Use this dressing on any of the green salads.

RECIPE 451. BOILED MAYONNAISE.

$\frac{1}{2}$ cup vinegar	1 teaspoon sugar
	1 tablespoon butter

Heat these together in a saucpan until the butter is melted, then set it aside to get lukewarm while you prepare the following:

2 or 3 eggs	$\frac{1}{4}$ teaspoon paprika
$\frac{1}{2}$ teaspoon dry mustard	1 cup cream or milk
$\frac{1}{2}$ teaspoon pepper	$\frac{1}{2}$ teaspoon salt

Beat eggs without separating until they are creamy, add seasoning and beat well, using a Dover egg beater. Add cream or milk, stir well. When vinegar mixture is lukewarm, stir egg mixture into it, place over a very slow fire and stir all the time until sauce thickens, then remove from fire and beat with egg beater for at least five minutes. The more you beat it the nicer it will be. Either sweet or sour cream can be used. More cream can be used at time of serving to make it less thick, if desired. Serve very cold.

RECIPE 452. BOILED MAYONNAISE WITH CORN STARCH.

In the winter when eggs are very dear make the Boiled Mayonnaise with only one egg, but at the last, when sauce is done, add one teaspoonful of cornstarch wet up with a little milk or water. This will give the desired consistency, which otherwise it would lack.

PLAIN UNCOOKED MAYONNAISE (see 128).

TARTAR SAUCE (see 129).

TARTAR MOUSSELAINE SAUCE (see 131).

RECIPE 453. CHEESE MAYONNAISE.

Roquefort or Gorgonzola cheese is preferable. Take two tablespoonsful, crush well, adding enough oil, a little at a time, to make a smooth paste. Add a few drops of vinegar, work it in well, alternating oil and vinegar until a creamy mayonnaise results. Season with paprika. One teaspoonful of Worcestershire Sauce adds much to the flavor. This Cheese Mayonnaise is best on a plain lettuce salad, although it can also be used on green vegetables.

RECIPE 454. WHITE SALAD DRESSING WITHOUT OIL.

1 tablespoon butter	$\frac{1}{4}$ teaspoon paprika
1 tablespoon flour	1 tablespoon lemon juice
1 cup milk	2 tablespoons vinegar
$\frac{1}{2}$ teaspoon salt	1 teaspoon mustard
$\frac{1}{4}$ teaspoon white pepper	2 to 4 egg yolks

Melt butter, add flour, beat yolks and add to milk. Stir into flour and butter, add vinegar and seasonings. Stir until it thickens.

RECIPE 455. BOILED SALAD DRESSING FROM EVAPORATED MILK.

$\frac{1}{2}$ cup evaporated milk	dash cayenne
$\frac{1}{4}$ cup water	$1\frac{1}{2}$ teaspoons cornstarch
1 teaspoon dry mustard	2 egg yolks
$\frac{3}{4}$ tablespoon salt	3 tablespoons vinegar
$1\frac{1}{2}$ teaspoon sugar	1 tablespoon melted butter

Into the top of the double boiler or the stew pan in which it is to be cooked put the mustard, salt, sugar, cornstarch and cayenne. Mix well and add very slowly, stirring constantly, the mixed evaporated milk and water. Stir and cook until it begins to thicken, then add the beaten egg yolks and stir until thick. Draw aside and pour in the vinegar very slowly. Add melted butter and chill.

RECIPE 456. ORIENTAL SALAD DRESSING.

Slice a clove of garlic and mash it in a mixing bowl, add a half teaspoon of curry powder, a half teaspoon of salt and a dash of cayenne. Mix thoroughly, add a teaspoon of onion juice, six tablespoons of olive oil and one tablespoon of lime or lemon juice. Beat until thoroughly mixed and pour over grape fruit, orange pulp or avacado pear. Slice fruit and serve on lettuce leaves.

RECIPE 457. HONEY SALAD DRESSING FOR ONE PERSON.

Beat together three tablespoons of olive oil, two tablespoons of honey, a tablespoon of lemon juice and a few grains of salt. Use at once.

RECIPE 458. CREAM MAYONNAISE.

Use the Plain Uncooked Mayonnaise (see 108), allowing an equal amount of stiffly beaten sweet or sour cream. Nice with cold cracked crab, lobster, etc.

RECIPE 459. GREEN MAYONNAISE.

This is used frequently for apple salad, and is made by adding two or three drops of green fruit coloring to Plain Uncooked Mayonnaise (see 108), or it may be colored by adding finely chopped parsley rubbed to a paste or pulverized spinach.

RECIPE 460. DANISH MAYONNAISE.

Add a teaspoon of anchovy paste to one cup of mayonnaise dressing. Stir in a tablespoon of tomato catsup, ten drops of Worcestershire Sauce and two drops of Tabasco. Use with broiled or fried fish.

RECIPE 461. LEMON SALAD DRESSING.

juice 2 lemons	$\frac{1}{2}$ cup sugar
juice 1 orange	2 whole eggs

Put all the ingredients into a double boiler and stir until well mixed, then put on the fire and stir constantly until it thickens. Set away to get cold. When ready to use, stir in half a cup of stiffly beaten sweet or sour cream. This dressing will keep for several weeks if cream is not added until ready to serve.

RECIPE 462. FRUIT SALAD DRESSING.

Pineapple juice, apricot juice, Maraschino cherry juice can all be used, following recipe for Lemon Salad Dressing, and substituting 6 tablespoons of the desired juice in the place of orange juice.

RECIPE 463. SWEET MAYONNAISE DRESSING FOR FRUIT SALADS.

melt $\frac{1}{2}$ cup butter	3 eggs (beaten to a cream)
add	
2 tablespoons flour	$\frac{1}{2}$ cup vinegar
1 cup milk	$\frac{1}{4}$ cup sugar
1 teaspoon salt	$\frac{1}{4}$ teaspoon white pepper
$\frac{1}{2}$ teaspoon mustard	$\frac{1}{4}$ teaspoon paprika

Melt butter, add flour, then milk and seasonings. Stir until it thickens. Remove from fire, beat in the eggs, add vinegar, sugar. Beat thoroughly. Set away to get cold. When ready to use, beat in $\frac{1}{2}$ cup cream. Pineapple juice, cherry juice, strawberry or raspberry juice or pickled peach vinegar can, any one, be used instead of the plain vinegar.

RECIPE 464. CHICKEN SALAD.

1 cup cold boiled chicken	$\frac{1}{2}$ cup plain Mayonnaise
	2 hard boiled eggs
1 cup celery	1 teaspoon capers

Cut the chicken in cubes about an inch in size. Dice the celery. Slice the hard boiled eggs or quarter them. Marinate the chicken for at least an hour. Drain well and serve on crisp lettuce leaves. The salad looks best for individual serving if it has been pressed into a cup to shape it nicely. Small pieces of green peppers or pimientos can be cut out with a little vegetable cutter. These come in many designs and add much to the effectiveness of the decoration. The hard boiled eggs can be mixed in with the salad, but are usually placed on top

or round the salad as a decoration. If celery is out of season, crisp shredded lettuce can be used, but must not be added until just ready to serve, or cold boiled potatoes may be used instead of celery.

RECIPE 465. LOBSTER SALAD.

Follow the recipe for Chicken Salad, substituting lobster meat for chicken.

RECIPE 466. SHRIMP SALAD.

Follow recipe for Chicken Salad, substituting shrimps for chicken.

RECIPE 467. CRAB MEAT SALAD.

Follow recipe for Chicken Salad, substituting crab for chicken.

RECIPE 468. LEFT-OVER MEAT SALAD.

Follow recipe for Chicken Salad, substituting any other meat for chicken.

RECIPE 469. LEFT-OVER BOILED FISH SALAD.

Any firm white fish can be flaked and used instead of chicken.

RECIPE 470. RUSSIAN SALAD.

This salad is usually made of a combination of meat and green vegetables and is especially valuable for using up the odds and ends from the icebox. Beef, lamb, veal, cold roast pork, tongue, chicken, turkey can be used in combination with radishes, cucumbers, tomatoes, onions, parsley, string beans, peas, green peppers, pimientos or celery. A French dressing is commonly used, allowing the meat to marinate in it for an hour or two, but a mayonnaise can be used if preferred. Do not use over two kinds of meat or any three or four vegetables at one time. Serve very cold on lettuce.

RECIPE 471. EGG SALAD.

4 hard boiled eggs, cut in quarters	$\frac{1}{4}$ cup plain Mayon- naise
equal part of diced celery	sprinkle a little pap- rika on the top

RECIPE 472. GRAPE AND FILBERT SALAD.

One cupful of Malaga grapes, skinned and seeded. An equal amount of filbert nuts, blanched. Stuff each grape with a filbert. Serve on lettuce with whipped

cream sweetened a very little. This is a very rich salad. About two tablespoons to a person will be enough.

RECIPE 473. FRESH CHERRY SALAD.

Seed fresh cherries and stuff with blanched filbert nuts. Serve on lettuce with a French dressing or with a little sweetened whipped cream.

RECIPE 474. WEST INDIA SALAD.

Slice cucumbers in half lengthwise, allowing one-half for each person. Remove all the seeds, making a sort of boat. Chop up young onions, green peppers, a pimiento. Marinate with a French dressing and fill into the cucumber boat. Serve ice cold on a lettuce leaf. Dash a little paprika on top.

RECIPE 475. FLORIDA SALAD.

One-half pound figs, three oranges. Wash figs and cut in shreds, orange cut in dice. Mix with salad dressing thinned with cream.

RECIPE 476. POTATO SALAD NO. 1.

Wash potatoes well. Cook until just waxy in boiling salt water. Pare and slice while still hot. Let them stand after being cut until they are cold. Add very thinly sliced young onions, pimiento, green pepper and two or three hard boiled eggs, which can be sliced, quartered or chopped. Mix ingredients well with a Plain Boiled Mayonnaise. Let cool. Serve on a lettuce leaf. A few capers are very nice.

RECIPE 477. POTATO SALAD NO. 2.

Wash and cook in boiling salted water a sufficient number of potatoes. For a family of two take

2 potatoes	1 teaspoon salt
1 sliced onion	$\frac{1}{4}$ pepper
1 sliced pickled beet	$\frac{1}{4}$ teaspoon paprika
2 sour little cucum- ber pickles	$\frac{1}{4}$ teaspoon minced parsley
	1 teaspoon capers

Marinate well with a French Dressing, or if preferred use one-half cupful of either Plain or Boiled Mayonnaise. Serve on lettuce.

RECIPE 478. WILTED LETTUCE SALAD.

Saute two thin pieces of bacon until brown and crisp. Remove from pan and crush into small pieces. To the fat in the pan add one-half cup vinegar, one-half

teaspoon salt, one-fourth teaspoon pepper. Boil up once and pour over shredded lettuce; to which add the crushed bits of bacon. Sometimes one-half cup of milk is also added to the vinegar sauce.

RECIPE 479. TOMATO JELLY SALAD.

1 cup tomatoes	$\frac{1}{2}$ teaspoon sugar
$\frac{1}{4}$ package Knox gelatine	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup cold water	$\frac{1}{4}$ teaspoon onion salt
	1 bay leaf
	1 whole clove

Put gelatine to soak for fifteen minutes with the cold water. Simmer the tomatoes with the seasoning, clove and bay leaf. When tomatoes have cooked until tender, add the soaked gelatine, stir until dissolved, strain through a cloth and pour into individual molds. When thoroughly set and ready to serve, stand the mold in hot water for just a moment, when the jelly will easily slip from the mold. Serve on a lettuce leaf with a tablespoon of Plain or a Cold Boiled Mayonnaise. Hollandaise Sauce is also nice with this salad.

RECIPE 480. TOMATO JELLY SALAD NO. 2.

1 cup strained tomatoes	$\frac{1}{4}$ cup finely chopped tender celery
$\frac{1}{4}$ cup vinegar	3 pimientos
$\frac{1}{4}$ cup sugar	3 whole cloves
$\frac{1}{4}$ teaspoon salt	3 teaspoons granu- lated gelatine
$\frac{1}{4}$ cup cold water	

Put gelatine to soak in the cold water ten minutes. Put the tomatoes, sugar, salt and vinegar into a granite saucepan and bring them slowly to the boiling point. Let simmer five minutes, add the soaked gelatine, stir until dissolved, then strain the mixture, add the celery and pimientos. Turn into a flat dish to the depth of two inches and set away to get cold. Then cut into squares and serve on lettuce leaves, with a little mayonnaise on top of the gelatine. A few English walnuts can be laid on top.

RECIPE 481. DEVILED EGG SALAD.

4 hard boiled eggs	1 teaspoon Worces- tershire Sauce
1 teaspoon salt	
$\frac{1}{2}$ teaspoon pepper	$\frac{1}{4}$ teaspoon dry mustard
$\frac{1}{2}$ teaspoon paprika	
1 tablespoon oil	3 drops Tobasco Sauce

Cut the eggs in half with a sharp knife. Gently remove the yolks without breaking the whites. Mash yolks with a silver fork, add seasoning and just enough oil and vinegar to make a smooth paste, firm enough to keep in shape when you fill it into the hollow part of the whites of eggs. Serve on lettuce leaves, very cold. You will have a little of the yolks left. Thin these with a little more vinegar and oil and pour over the eggs and lettuce.

RECIPE 482. DEVEILED EGGS.

Follow directions above, only omit the lettuce and do not serve with the thin sauce. If used for picnics, place two stuffed halves together and wrap in oiled paper.

RECIPE 483. KIDNEY BEAN SALAD.

½ cup red kidney beans	½ teaspoon salt
1 small sliced onion	¼ teaspoon pepper
½ minced or sliced green pepper	¼ teaspoon paprika

Marinate well with a French Dressing. A teaspoon of Worcestershire Sauce added to the French Dressing is very good.

RECIPE 484. ORIENTAL SALAD.

1 tart apple	1 sweet pepper
1 large solid tomato	½ teaspoon curry powder
1 tablespoon chopped onion	French dressing
1 cup shredded cabbage	

Shred the cabbage, peel the tomato, cut it into halves and squeeze out the seeds, chop the flesh rather fine. Shred the pepper. At serving time put the cabbage into the salad bowl, put over the apple pared and sliced, then the tomato, pepper, onion and the curry powder. Pour over the French Dressing, toss and serve.

RECIPE 485. BEET AND NUT SALAD.

Young beets, cooked tender, cut in fancy shapes, covered with chopped walnuts and served on lettuce leaves with Salad Dressing.

RECIPE 486. CARROT AND WALNUT SALAD.

Five or six raw carrots put through meat chopper, one-half cup walnut meats cut fine. Mix together with Salad Dressing. Celery may be added.

RECIPE 487. NORWEGIAN SALAD.

½ pint boiled corned beef	6 sardines
2 good sized boiled or pickled beets	1 tablespoon capers
2 gherkins	2 hard boiled eggs
	2 tart apples

Cut the beef into dice and chop the beets, gherkins and apples, add them to the beef, add the sardines, boned and cut into pieces, and the capers. Dish on lettuce leaves and garnish with the eggs cut into quarters. Make a French dressing from six tablespoons of olive oil, two tablespoons of vinegar, salt and pepper. Baste this over the salad, toss and serve.

RECIPE 488. SWEET POTATO SALAD.

On a bed of crisp lettuce place a layer of thinly sliced cold sweet potatoes, dusting each layer with paprika. Cover with a layer of shredded green peppers in which has been mixed some sliced green onions. A little cold minced chicken, cold lean roast pork, veal or lamb may then be added, with a final layer of the potatoes mixed with the peppers. Use French Dressing seasoned with chopped mint.

RECIPE 489. MUSHROOM SALAD.

Equal parts of canned mushrooms, diced celery and blanched Brazil nuts, one-fourth cup sliced stuffed olives. Chop the Brazil nuts a little. Serve on lettuce with a little mayonnaise.

RECIPE 490. NEUFCHATEL CHEESE SALAD.

Make little balls of Neufchatel cheese, roll them in chopped nuts, serve on lettuce leaves with a French Dressing.

RECIPE 491. NEUFCHATEL CHEESE NO. 2.

Take one Neufchatel cheese, one pimiento, three tablespoons shredded lettuce. Press all together back into the original shape of cheese. Let stand one hour. Cut in slices, serve on lettuce with French Dressing.

RECIPE 492. NEUFCHATEL CHEESE SALAD NO. 3.

Take one cheese, divide into little balls about the size of marbles, roll them in dried minced parsley. Make a nest of them on lettuce leaves, garnish with sliced radishes and serve with French Dressing.

RECIPE 493. CHEESE SALAD WITH BAR-LE-DUC.

Mash one cream cheese with enough sweet cream to make a smooth paste. Add a little chopped lettuce. Shape into little marbles, place on lettuce leaves in a ring. In the center place a tablespoon of Bar-le-Duc or some currant or gooseberry jam. Serve with saltine wafers.

RECIPE 494. ORANGE SALAD WITH SHERRY SAUCE.

Cut large oranges in half, allowing one-half for each person. Scrape out the pulp with a spoon. For each half orange allow

1 teaspoon powdered sugar	1 teaspoon lemon juice
½ teaspoon chopped mint	1 teaspoon sherry wine

Marinate with orange pulp for an hour on ice. When ready to serve, put pulp back into orange shells and pour a little of the sauce over it. Serve icy cold. A small sprig of mint added to center of orange mixture in the shell make an appropriate decoration.

RECIPE 495. PEAR SALAD.

Slice firm ripe pears into eight strips lengthwise. Slice them carefully so as to keep them in the original shape. Lay on lettuce leaf. Serve with French Dressing. One pear for each person.

RECIPE 496. GREEN PEPPER SALAD.

Remove a slice from the stem end, take out the seeds, fill with a mixture composed of oranges or grapefruit, diced celery and filberts or English walnuts. Can be served with a French Dressing or a little Cream Mayonnaise. Lay on lettuce leaves.

RECIPE 497. SHAD ROE SALAD.

Parboil one shad roe fifteen minutes. Cool, remove membrane and mash fine and smooth. Shred some lettuce very fine. Add to shad roe and mix with a little mayonnaise. Can be served on lettuce leaves or in a fresh tomato. If in the latter, place an extra tablespoon of mayonnaise on lettuce leaf beside the tomato.

RECIPE 498. SHAD ROE SALAD NO. 2.

For a small family one-half a roe will be enough. Put it in some salted boiling water and let it cook for fifteen minutes. Drain, remove membrane, wipe dry,

roll it in a little beaten egg, roll it in dry bread crumbs and cook it in a frying pan with a little grease until it browns. Now pour over it the juice of half a lemon and a little paprika. Set it away to get thoroughly cold, then cut it in slices or cubes, add an equal amount of cucumber cubes, one tablespoon capers and two table-
spoons chopped olives. Mix gently together, serve on lettuce leaves with one tablespoon of Plain Mayonnaise poured on top of each serving of salad.

RECIPE 499. ROQUEFORT CHEESE AND CAVIARE SALAD.

For each person put on a plate one lettuce leaf. On this lay a very thin slice of Roquefort cheese, on this spread the thinnest possible layer of caviare. Sprinkle lightly with paprika and pour over it two tablespoons of Sauce Royale (see Index). Place one or two olives on each plate.

RECIPE 500. COMBINATION SALAD.

1 small head lettuce	$\frac{1}{2}$ cucumber
1 small onion	3 radishes
2 small tomatoes	$\frac{1}{2}$ green pepper

Have vegetables crisp and cold. Slice thin the onion, cucumber, radishes and green pepper. Quarter the tomato. Mix all these ingredients together with a French Dressing (see Index) and serve very cold on lettuce. A little thinly sliced celery is nice and a few left-over canned string beans or peas can be used.

RECIPE 501. BRUSSELS SPROUTS SALAD.

Place cold boiled Brussels sprouts in a salad bowl with lettuce leaves. Mix together some finely chopped ham, onion, capers, olives and some green peppers. Then add a cup of green peas. The Brussels sprouts should marinate for several hours in French Dressing, the smallest sprouts being best for the salad. The chopped mixture should be between the Brussels sprouts some time before serving, so that they may absorb flavoring of the ingredients. Served with Mayonnaise.

RECIPE 502. ASPARAGUS SALAD.

Lay stalks of asparagus on a lettuce leaf and pour over them a French Dressing. A pretty way to decorate them is to cut a ring of green pepper about an inch wide and slip stalks through it. A ring of pimiento can be used instead of green pepper.

RECIPE 503. ASPARAGUS VINAIGRETTE.

Lay asparagus on a lettuce leaf and pour over it a Vinaigrette Sauce (see 153).

RECIPE 504. ASPARAGUS HOLLANDAISE.

Lay white stalks of canned asparagus on a lettuce leaf. Place on the tips a tablespoon of Hollandaise Sauce (see Index).

RECIPE 505. ASPARAGUS LUNCHEON SALAD.

2 cups cooked asparagus, diced	2 hard cooked eggs
2 cups shredded lettuce	lettuce leaves or cress
1 tablespoon olive oil	scant teaspoon vinegar
	boiled salad dressing

Mix together asparagus and shredded lettuce with olive oil and vinegar. Add boiled dressing to moisten thoroughly, chill, arrange in nests of salad green and garnish with the hard boiled eggs and additional dressing.

RECIPE 506. POINSETTA SALAD.

Take solid red tomatoes, cut five petals from center (not blossom end), cut skin thin with sharp paring knife, lay leaves flat, cut out little of center of tomato and fill with Salad Dressing. Serve on lettuce leaves.

RECIPE 507. SARDINE AND SHRIMP SALAD.

Take equal parts of shrimps and sardines, marinate separately in a little vinegar. Line salad bowl with lettuce and fill with alternating layers of cold asparagus tips, sardines cut in dice, thinly sliced cucumbers and tomatoes, then one of shrimps divided in sections, if desired. Serve with French Dressing.

RECIPE 508. PALACE SALAD.

Take nice tender celery and cut it lengthwise in strips about the size of matches. Throw it into ice water to get crisp. Shred slices of fresh or canned pineapple, two green peppers and one or two pimientos. Put all on the ice to chill. When ready to use, wipe celery dry, mix with other ingredients and pour over them a Cream Mayonnaise (see Index). Serve icy cold on lettuce hearts. If celery is out of season, use shredded lettuce, but do not put it into ice water. Shred it only when ready to use, as it will wilt quickly.

RECIPE 509. DATE AND CHEESE SALAD.

Cream cheese and mix with chopped walnuts, wash dates or figs and cut fine. Mix all together with Salad Dressing thinned with cream. Serve in apple scooped out. This makes a delicious filling for sandwiches.

RECIPE 510. KIDNEY BEAN SALAD WITH BACON.

Saute two thin slices of bacon until brown and crisp. Remove bacon from pan and crush into small pieces. To fat in pan add one-half cup vinégar, one-fourth teaspoon salt, one-fourth teaspoon pepper, one-half teaspoon Worcestershire Sauce. Pour this over one-half cup red kidney beans and serve them on lettuce.

RECIPE 511. STUFFED TOMATO SALAD.

Allow one nice firm tomato for each person. Put them in a deep pan and pour enough boiling water over to cover them. Let them lie in this but a minute, when the skins will come off readily. Put away to get very cold. When ready to use, carefully cut into the stem end with a spoon or small knife and remove a portion of the inside pulp. Season inside of tomato lightly with salt and pepper and turn upside down on a plate to drain while you prepare the stuffing.

Tomatoes can be stuffed with any Meat or Fish Salad, such as Chicken, Veal, Russian, Shrimp, Lobster, Crab, Shad, Roe, etc. Make a small amount of any of these salads, using a Plain Mayonnaise to mix them with, then put a spoonful of salad in each tomato and pour over the tomato a little more mayonnaise. Salads mixed with French Dressings or Boiled Mayonnaise Dressings can all be used in combination with the tomato.

Celery and nuts mixed with a mayonnaise make a very delicious combination. String beans, peas, carrots, hard boiled eggs, green peppers in many different combinations are all good. Shredded lettuce with hard boiled eggs and either a French or Mayonnaise Dressing are nice. Young chopped onions can be added to almost any of these combinations when desired.

RECIPE 512. CABBAGE SALAD (COLD SLAW).

Chop up a sufficient quantity of cabbage nice and fine. For two persons about one cupful. Mix well with a Boiled Mayonnaise to make very moist. A few celery or mustard seeds are nice. Equal parts of chopped celery and cabbage can be used. One pimiento chopped fine gives a very good taste to it. Serve very cold. Hard boiled eggs can be used as a garnish if desired. For more elaborate serving a very pretty way is to take an-

other rather flat shaped head of cabbage, cut out the center (from the top end), making a deep well in it, and serve the Cold Slaw on table from this cabbage. This is nice where a large number of persons are to be served and you want something a little out of the usual way of serving.

RECIPE 513. CELERY SALAD.

Celery can be washed, scraped, cut in thin slices and thrown into slightly salted ice water to make it crisp. Serve with a Boiled Mayonnaise or a Cream Dressing. Celery is used in combination with many salads and is almost indispensable in all meat, fish and shell fish salads.

RECIPE 514. STUFFED CELERY.

Use white celery, picking out the tenderest parts (reserve the tougher parts for soups). Make a stuffing of Roquefort cheese, olive oil, Worcestershire Sauce and paprika. To make this stuffing, crush cheese and rub it until smooth, adding enough oil to make it about the consistency of butter. Add paprika and Worcestershire Sauce to taste. Take each stalk of celery and fill the hollow part of it with the Cheese Stuffing. This is served in same way as plain celery, as a relish, and is placed on table in celery tray at the beginning of the meal just as radishes and olives are, and is allowed to remain until dessert course is served. Very nice for afternoon entertainments when serving sandwiches, etc. Also good as a side dish with salads.

RECIPE 515. ORANGE CUP SALAD.

Put as many oranges as will be required on ice for at least an hour. Cut off a slice from the stem end. Cut the peeling half way down in quarters on each orange. Roll peeling back half way down and scrape out all the pulp. To pulp add shredded pineapple, bananas, green grapes (skinned and seeded). Put this into the orange shells, add one or two Maraschino cherries on the top and a tablespoon of sugar into each orange. Fill in with sherry wine and a few drops of the syrup from the bottle of Maraschino cherries. Serve in a big white rose or any green salad leaves. A bed of chicory makes a pretty background.

RECIPE 516. COMBINATION FRUIT AND ORANGE SALAD.

Have oranges and bananas ice cold. Slice oranges about one-half inch thick. Slice bananas rather thin.

Cut Maraschino cherries in half. Lay one slice of orange on a lettuce leaf. Have a layer of bananas running all around the edge of orange, having each slice of banana overlapping one another. In the center place a few Maraschino cherries. Put one drop of lemon juice on each slice of banana, sprinkle the fruit with a generous tablespoon powdered sugar and a few drops of Madeira or sherry wine and a few drops of syrup from out of the bottle of cherries. Serve very cold. Do not prepare until just ready to serve, as the bananas soon turn dark.

RECIPE 517. OYSTER SALAD NO. 1.

4 large or 8 small oysters	2 tablespoons mush- rooms
4 stuffed olives	

Cover oysters with boiling salted water until they ruffle. Remove from water and let get cold. Mince mushrooms. On each plate place a lettuce leaf, lay oysters on it, put mushrooms on top, lay olives along side. Put one tablespoon cold plain mayonnaise on top. Saltine wafers sprinkled with grated cheese and browned for a minute in the oven are nice to serve with this salad. This recipe makes two plates of salad.

RECIPE 518. OYSTER SALAD NO. 2.

1 can cove oysters, or	½ cup thin sliced
1 pint small fresh oysters	celery
3 hard boiled eggs	¼ cup broken crackers
2 or 3 drops Tobasco sauce	1 cup vinegar
	1 tablespoon butter or olive oil

Salt, pepper and paprika to taste

If fresh oysters are used instead of canned (cove), put them on in a saucepan, cover with a pint boiling water, let them simmer for a minute or two until oysters "ruffle." Then remove from water and let stand until ice cold. Chop whites of hard boiled eggs. Mash yolks. Simmer together for a moment the mashed yolks of eggs, vinegar, butter and seasonings. As soon as butter has melted, set mixture away to cool. When cold mix oysters, celery, crackers and chopped whites of hard boiled eggs together. Put them on a lettuce leaf and pour vinegar dressing over them. Place one or two olives on each plate and serve with saltine wafers.

RECIPE 519. GRAPEFRUIT AND OYSTER SALAD.

Cut grapefruit sections into convenient sizes. Take an equal part of either raw or parboiled oysters or clams,

the smaller ones being best for this salad. Line grapefruit shells with lettuce, filling up with alternating layers of the fruit pulp and oysters or clams. Each layer of the shellfish should be covered with catsup or cocktail dressing. Rub the inside of each fruit shell with clove of garlic before lining with the lettuce leaves.

RECIPE 520. EGGS IN NESTS SALAD.

Boil eggs hard, cut in half lengthwise, mash yolks to a paste, use three parts cold meat (veal or chicken preferred), season with salt, pepper and prepared mustard, add a few finely chopped nut meats, mold to the half of white to form a whole egg. Place in a nest made by cutting lettuce leaves across with scissors to look like grass. A spoonful of mayonnaise, four salted almonds, one stuffed olive to garnish.

RECIPE 521. APPLE AND RIPE OLIVES.

Two apples cut in dice, few stalks of celery cut fine, ripe olives pitted and cut fine. Thin Salad Dressing with cream or vinegar to suit taste, and mix well.

RECIPE 522. NUT PINEAPPLE AND CELERY SALAD.

Equal parts pineapple and celery cubes. For each cup of fruit, $\frac{1}{4}$ cup English walnuts, or almonds, or peanuts or Brazil nuts, 1 teaspoon lemon juice over each cup of pineapple and celery cubes. Let stand until very cold on ice. When ready to serve add a cream Mayonnaise or any fruit Mayonnaise, using $\frac{1}{2}$ cup for each cup fruit. Serve on lettuce. Garnish on top with nuts.

RECIPE 523. STUFFED GREEN PEPPER SALAD.

A pretty salad is made by cutting the top from a green pepper, removing the seeds with a knife and filling the basket thus made with chicken or lobster salad. Each pepper may be placed on a lettuce leaf.

RECIPE 524. PINEAPPLE AND BANANA SALAD.

Follow directions for making Combination Fruit and Orange Salad, substituting a slice of a pineapple for the slice of orange.

RECIPE 525. ORANGE, PINEAPPLE AND BANANA SALAD.

Have all the fruit very cold. Slice orange about one-half inch thick, across the orange. Allow one slice for each person. On each slice of orange arrange a row of thinly sliced bananas, having banana slices overlap-

ping one another. On top of orange in the center place one teaspoon grated pineapple, and on top place one whole Maraschino cherry. Spread with powdered sugar, a few drops of lemon juice, a few drops of Sherry wine and a few drops of Maraschino syrup from the bottle of cherries. One dash of salt (very little) and a few grains of paprika can be added. If salt and paprika are omitted a grain or two of grated nutmeg is nice. Serve in a white rose, or on a bed of some green salad. The fine feathery sprays of chicory (sometimes called endive) make a dainty background for a fruit salad.

RECIPE 526. PICK-UP SALAD.

Chop six or eight olives, one bunch of white grapes, skinned and seeded, one-fourth cup nuts, a sliced banana or an orange. Cut up a little sharp cheese into cubes. Mix all ingredients together lightly with a little Mayonnaise. Take some fine large apples, cut off a slice across the stem end. Polish them highly and cut out from center of apple as much of the pulp as possible without breaking through skin of apple. This will leave a hollow into which put the other ingredients. Set "lid" back on. Serve very cold.

RECIPE 527. APPLE CUPS.

Take large red apples, polish them well, cut off a slice across the stem end. Gently remove the core and as much of the inside of the apple as you can without breaking the skin. Fill into the hollow the Waldorf Salad mixture. Replace the slice of apple on top. Serve very cold, on a lettuce leaf.

RECIPE 528. SWEETBREAD SALAD.

Take a pair of sweetbreads and soak in cold water for one-half hour. Then remove membrane from around them. Parboil them in slightly salted water for one-half hour. When cold cut into one-inch pieces. Add an equal amount of diced celery and a dozen mushrooms sliced in half, one teaspoon capers. Mix this thoroughly with a plain Mayonnaise, serve very cold on a lettuce leaf. Place one or two olives on each plate.

RECIPE 529. WALDORF SALAD.

Equal parts of diced celery, apples and English walnuts. Mix with a plain or cream Mayonnaise. Can be served in apple cups or on lettuce leaves.

RECIPE 530. PINEAPPLE CELERY SALAD.

Equal parts of pineapple cubes and diced celery. Season lightly with salt, pepper and paprika. Take one-fourth cup plain Mayonnaise and stir into it one-fourth cup stiffly whipped cream. Mix the fruit with the cream Mayonnaise and serve very cold on lettuce leaves. Saltine wafers are nice served with this.

RECIPE 531. FRUIT SALAD WITHOUT GELATINE.

Equal parts of orange, pineapple cubes, green grapes (skinned and seeded), a few Maraschino cherries sliced, and quartered marshmallows. Serve in large flat fresh roses, or on lettuce leaves. Place two tablespoons of stiffly whipped cream on top. A few English walnuts or a little shredded cocoanut is nice on top of the whipped cream.

RECIPE 532. GELATINE FRUIT SALAD NO. 1.

$\frac{1}{2}$ box Knox gelatine	juice 2 lemons
$\frac{1}{2}$ pint cold water	1 banana, sliced
$\frac{1}{2}$ pint boiling water	$\frac{1}{4}$ can pineapple cubes
1 $\frac{1}{2}$ cups sugar	1 small sliced orange

Soak gelatine in cold water and lemon juice. When soft pour over it the boiling water, add sugar and stir well until all is dissolved. When liquid has cooled a little put all the fruit into molds, or one big mold, strain liquid through a cloth and pour over fruit. Stir down once or twice as it is cooling so that fruit will be well distributed. When ready to serve set mold for a minute in hot water, when it will easily slip from the mold. Serve very cold with slightly sweetened, stiffly beaten cream.

RECIPE 533. FRUIT GELATINE NO. 2.

Make exactly as Fruit Gelatine Salad No. 1, only use Sherry wine instead of water. In the boiling wine put two whole cloves and one small piece of stick cinnamon for a moment. To the whipped cream served on top of this salad, add a few quartered marshmallows.

RECIPE 534. LEMON CUBES FOR ANY FRUIT SALAD.

$\frac{1}{4}$ box Knox gelatine	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup cold water	$\frac{1}{4}$ cup boiling water
juice 1 lemon	

Let the gelatine soak with the cold water for ten minutes. Add lemon juice and boiling water, stir until

dissolved, strain and pour into a dish to the depth of one inch. When ready to serve, cut into one-inch cubes. Serve two or three cubes on each plate of salad.

RECIPE 535. ORANGE OR GRAPE FRUIT AND ONION SALAD.

Take equal portions of very thinly sliced Bermuda onions and oranges or grape fruit. Serve icy cold with a French dressing over them. Add a dash of paprika on top. Serve on a lettuce leaf. A few English walnuts, halved, are good with this salad.

RECIPE 536. GRAPEFRUIT COCKTAIL.

For each person, place in a cocktail glass:

1 layer shredded grapefruit	1 tablespoon powdered sugar
1 layer preserved figs, minced	1 teaspoon sherry wine
1 layer Maraschino cherries, sliced	1 teaspoon Maraschino

Place one whole cherry on top. Set away to chill for at least one hour. Serve as a cocktail at the beginning of the meal or as a dessert at the end of a meal.

RECIPE 537. FRUIT COCKTAIL.

Fruit cocktails may be made at different seasons of the year with the fruits then in season. They can be varied to suit the taste. The following combinations are nice:

Grapefruit, pineapple, strawberries, sugar, Sherry wine.

Oranges, bananas, Maraschino cherries, Maraschino syrup, sugar, Sherry wine.

Oranges, raspberries, pineapple, apricot brandy, sugar.

Pineapple, bananas sliced, strawberries, sherry or apricot brandy, sugar.

Cut the fruit in shreds, the bananas in slices or cubes. Put the fruit into a bowl, add sugar to taste. To one cup of fruit add one-third cup Sherry wine or apricot brandy or Maraschino. Serve ice cold in cups made from orange or lemon skins or in thin cocktail glasses. When using lemons or oranges, cut in half, instead of throwing away the skins, wash them and put them into a pan of cold water to keep for serving fruit cocktails or salads in. Cut a small piece off the end of the lemon to make it set flat on the serving plate, but do not cut too deep, so that it will leak.

CHAPTER XII

Dumplings, Puddings and Pudding
Sauces.**RECIPE 538. CHEAP STEAMED PUDDING.**

1 cup dry bread crumbs	2 tablespoons melted butter
$\frac{3}{4}$ cup cold water (over crumbs)	1 cup raisins
1 cup New Orleans molasses	1 cup currants
	1 cup flour
1 teaspoon soda (in molasses)	$\frac{1}{2}$ teaspoon salt

If desired, one teaspoon ground cinnamon, one-half teaspoon allspice and nutmeg may be added. The cup of raisins may be omitted if desired. Serve with a brandy, vanilla, lemon or hard sauce, or any hot sauce. Put into a well buttered pudding mold or five-pound lard pail and steam from three to five hours.

RECIPE 539. FIG PUDDING.

1 cup finely chopped suet	$1\frac{1}{2}$ teaspoon salt
1 cup molasses	1 cup raisins
1 cup milk	$\frac{1}{2}$ cup figs
3 cups flour	1 teaspoon ground cinnamon
1 teaspoon soda, or	$\frac{1}{2}$ teaspoon mace
1 teaspoon baking powder	$\frac{1}{2}$ teaspoon allspice

Mix dry ingredients together, then mix molasses, milk and suet together and combine all the ingredients. Pour into buttered molds and steam five hours. This makes a good Plum Pudding. It is a very large recipe, but the puddings will keep for several weeks. Serve with any good, hot sauce. One pound baking powder cans make very nice little moulds. Be sure they do not leak. The pudding comes out of these cans, in nice round shapes, easy to slice.

RECIPE 540. CEREAL PUDDING.

1 cup cooked cereal (left over)	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ cup raisins
	2 eggs

Put all together into a double boiler. When smooth turn into a buttered baking dish and bake forty minutes. Eat with cream.

RECIPE 541. CHRISTMAS PUDDING.

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|-----------------------------|---------------------------|
| ¼ pound shelled almonds | 1 pound brown sugar |
| ½ pound candied orange peel | 1 cup molasses |
| 3 pounds raisins | 1 ¼ pounds bread crumbs |
| 3 pounds currants | 2 ¾ cups flour |
| 2 pounds chopped beef suet | ¼ cup cornstarch |
| | 1 tablespoon mixed spices |
| | 12 eggs |

Milk to bind all together

Chop the almonds, orange peel, raisins, currants and suet. Add the rest of the ingredients. Tie in a floured bag and boil for eight hours.

RECIPE 542. VEGETABLE PUDDING.

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| 1 cup grated carrots | 1 cup currants |
| 1 cup grated potatoes | 1 cup molasses |
| 1 cup suet | 2 cups flour |
| 1 cup raisins | 1 teaspoon soda |
| ½ teaspoon salt | (in molasses) |

Chop the suet fine. Tear the raisins apart, add salt and a little of the flour. One-half cup citron, cut in thin small strips may be added. Butter a pudding mold, put in the pudding and steam three hours. Serve with a vanilla or lemon or a brandy or a hard sauce. For small family reduce one-half.

RECIPE 543. BOILED INDIAN PUDDING.

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| ½ cup Indian meal | ¼ cup molasses |
| 1 pint milk | 1 tablespoon butter |
| 1 egg | Salt to taste |
| ¼ cup sugar | |

Pour one cup of milk onto the meal and set to boil, stirring constantly. When thick, remove from the fire and add the egg well beaten, sugar, butter, salt and the rest of the milk. Steam or boil in a floured bag. Serve with hard sauce.

RECIPE 544. GRAHAM PUDDING.

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|-----------------------|-----------------|
| ½ cup molasses | ½ cup sour milk |
| ½ cup brown sugar | ½ teaspoon soda |
| ¼ cup butter | 1 cup raisins |
| 1 egg | Spices to taste |
| 1 ½ cups graham flour | |

Stir the molasses and sugar together, add the butter, melted, and the egg, well beaten. Stir in the flour and the sour milk, in which the soda has been dissolved. Add the spices, and the raisins, well floured, last. Steam four hours and serve with sauce.

RECIPE 545. BAKED APPLE DUMPLING.

Allow one apple for each person. Pare, core and quarter apples. Make a nice pie dough (see Index). Cut dough into squares, large enough to wrap well over apples. On each square of dough place the quartered apple, pour over it a tablespoon or more of sugar, add one-half teaspoon butter, a pinch of salt and a dash of ground cinnamon or nutmeg, if desired. Wrap dough well around and over the apple, place in a baking dish. Bake about forty-five minutes in a moderate oven. Serve with a vanilla or lemon or hard sauce. The vanilla sauce is also very nice served with one teaspoon hard sauce on the top of dumplings. Apricots or peaches may be used instead of apples.

RECIPE 546. STEAMED APPLE DUMPLINGS.

Follow directions for making Baked Apple Dumplings, but instead of putting dumplings into oven to bake, place them in a well buttered pudding mold and steam one hour and twenty-five minutes. Serve with a vanilla, lemon, hard or foamy sauce.

RECIPE 547. BAKED APPLES.

Take a sufficient number of apples, polish well, and remove cores with an apple corer. Fill in cavity with any one of the following combinations:

Buttered bread crumbs, a little sugar, salt and cinnamon.

Ground English walnuts, buttered bread crumbs, sugar, cinnamon.

Ground English walnuts, raisins, sugar and a small piece of butter.

Dates or raisins and a marshmallow, cut into pieces.

Put apples into a pan with a little sweetened water and a piece of butter. Baste frequently until tender. The time of cooking depends upon the apple. Serve with or without cream. Whipped cream is nice.

RECIPE 548. APPLE JELLY ROLL.

Pare, core and mince apples. Make a nice pie dough, roll it thin, spread with the minced apples, sprinkle well with sugar and a slight dash of cinnamon or nutmeg. Roll dough and apples like a jelly roll, put into a five-pound lard bucket or a pudding mold. Steam one hour and twenty minutes. Serve with any nice hot sauce. Have mold well buttered before putting in the roll. When done, cut it across like a jelly roll cake, making slices of it.

RECIPE 549. BROWN BETTY PUDDING.

Butter a deep baking dish and in it put alternate layers thinly sliced apples, bits of butter and dry bread crumbs. Sprinkle each layer generously with sugar, on top place layer of buttered bread crumbs, bake in slow oven 30 to 45 minutes until apples are tender.

RECIPE 550. STEAMED FRUIT PUDDING.

Follow recipe for Steamed Apple Pudding, substituting any other fruit for apples.

RECIPE 551. STEAMED APPLE PUDDING.

1 cup flour	$\frac{1}{4}$ teaspoon salt
2 level teaspoons baking powder	2 apples $\frac{1}{2}$ cup milk
1 tablespoon butter	

Pare and core apples and cut into eighths. Sift dry ingredients together, rub in butter, then add milk to make a dough. Roll out dough, place apples on it. Sift one tablespoon sugar over apples, one-eighth teaspoon cinnamon or nutmeg. Bring edges up all over the apples, "turn over" style. Butter a deep pudding mould or five-pound lard can, place apple pudding gently into it. Cover and steam about one hour. Serve with any good pudding sauce (see Index). Sliced peaches or apricots may be used instead of apples.

RECIPE 552. STEAMED BERRY PUDDING.

$1\frac{3}{4}$ cups flour	$\frac{1}{4}$ teaspoon salt
3 teaspoons baking powder	2 tablespoons butter 1 cup milk
1 cup berries (blackberries, raspberries or blueberries)	

Mix and sift dry ingredients. Work in butter and add the milk. Roll berries in 1 tablespoon of flour and add. Butter a mold and turn in the pudding, having it come not more than two-thirds to the top. Steam one and one-half hours. Serve with Pudding Sauce.

RECIPE 553. OMELETTE SOUFFLE.

yolks of 2 eggs	whites of 4 eggs
$\frac{1}{4}$ cup powdered sugar	$\frac{1}{2}$ teaspoon vanilla
small pinch of salt	

Beat the yolks of eggs until very creamy and lemon colored, add the salt, sugar and vanilla. Beat the whites of eggs to the stiffest possible froth. Have ready a platter which can be placed in the oven without breaking. Butter it slightly. Fold the whites of eggs very gently into yolk mixture. Put omelette onto platter, sprinkle

with a very little powdered sugar. Bake in a moderate oven about ten minutes. This must be eaten at once, as all souffles are inclined to settle when cold.

RECIPE 554. RUM OMELETTE SOUFFLE.

Follow directions for Plain Omelette Souffle, adding to the yolks of eggs two tablespoons of rum before you fold in the whites. If desired, a very little rum can be poured around omelette just as you send to the table. Set fire to it and serve. Do not use over a tablespoonful for the burning.

RECIPE 555. STRAWBERRY SNOWDRIFTS.

Bake any good sponge cake mixture in thin sheets. When cold, cut with a sharp knife in narrow strips about four inches long. Pile these, log cabin fashion and about four inches high, on as many pretty small plates as there are guests. Heap the centers with whipped cream, slightly sweetened and flavored, and dispose sugared strawberries about the base. The cream may be garnished with a few crystalized rose petals, or no fruit need be used, and instead candied violets may be sprinkled over the cream. This recipe may also be used with peaches.

RECIPE 556. STRAWBERRY DUMPLINGS.

1 cup sugar	1 cup bread-flour
1 tablespoon butter	2 teaspoons baking powder
2 1/2 cups fresh strawberries	1/4 teaspoon salt
2 cups boiling water	3/4 cup rich milk

Put together the sugar, butter, strawberries and hot water, and let simmer for a few minutes. In meantime mix together flour, baking powder, salt and milk. Drop batter in eight portions onto boiling sirup, cover tightly and boil for twenty minutes without removing the lid. Serve hot with the sauce. Raspberry dumplings may be made in same way.

RECIPE 557. SNOW BALLS.

1/2 cup sugar	1 1/8 cups flour
1/4 cup butter	1 1/2 teaspoons baking powder
1/4 cup milk	2 eggs (whites)

Cream butter and sugar, add flour (with the baking powder) alternately with milk. Last, fold in very stiffly beaten whites of eggs. Put into buttered pudding mold or small baking powder cans and steam thirty-five min-

utes. Can be steamed in deep, heavy buttered cups. Serve with a Maraschino Cherry Sauce or any preserved fruits. A Boiled Chocolate Sauce is nice.

RECIPE 558. MARASCHINO CHERRY PUDDING.

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|------------------|-----------------------------------|
| ¼ cup butter | 3 level teaspoons |
| ⅓ cup sugar | baking powder |
| ½ cup milk | ¼ teaspoon salt |
| 1 cup flour | ½ cup chopped Maraschino cherries |
| ½ cup cornstarch | ¼ cup citron |
| 2 eggs | |

Cream butter and sugar. Sift together three times flour, cornstarch, baking powder and salt. Add this alternately with milk to butter and sugar. Next add fruit and citron, then well creamed yolks of two eggs, and last stiffly beaten whites of eggs. Pour into a well greased pudding mold and steam one and one-half hours. Can be served with a Maraschino Cherry Sauce or a Hard Sauce or any liquid sauce. Foamy Sauce is nice also.

RECIPE 559. STEAMED CHOCOLATE PUDDING.

- | | |
|----------------------|---------------------|
| 3 tablespoons butter | 2 ½ squares Baker's |
| ⅔ cup sugar | chocolate |
| 1 cup milk | 4 ½ level teaspoons |
| 2 ¼ cups flour | baking powder |
| 1 egg | ¼ teaspoon salt |

Cream butter and sugar, add well beaten egg, then the milk, flour, baking powder and salt. Have chocolate melted in a double boiler. Add it to cake mixture. Pour into a well buttered pudding mold and steam two hours. Serve with whipped cream.

RECIPE 560. COTTAGE PUDDING.

- | | |
|-----------------|--------------------|
| ¼ cup butter | 2 ¼ cups flour |
| ⅔ cup sugar | 4 level teaspoons |
| 1 cup milk | baking powder |
| ½ teaspoon salt | 1 teaspoon vanilla |
| | 1 egg |

Cream butter, slowly add sugar, beat well. Add well beaten egg. Sift flour, salt and baking powder together. Add them alternately with milk to the cake mixture. Butter a rather deep baking pan. Pour in the dough and bake in a moderate oven about thirty minutes. Serve with Lemon, Vanilla, Foamy or Hard Sauce.

RECIPE 561. PLUM PUDDING.

See Fig Pudding or Christmas Pudding.

RECIPE 562. GINGER PUDDING.

$\frac{1}{2}$ cup molasses	$1\frac{5}{8}$ cups bread-flour
$1\frac{1}{2}$ tablespoons melted butter	1 tablespoon orange juice
$\frac{1}{2}$ cup sour milk	$\frac{1}{2}$ teaspoon salt
1 teaspoon soda	$\frac{1}{2}$ teaspoon ginger
Grated rind $\frac{1}{2}$ orange	

Dissolve the soda in the sour milk, then add to other ingredients. Beat all thoroughly, pour into a well buttered mold and steam about fifty minutes. Serve with Orange Sauce.

RECIPE 563. STRAWBERRY SHORT CAKE.

1 cup flour	2 level tablespoons butter
2 teaspoons baking powder	$\frac{1}{4}$ to $\frac{1}{2}$ cup milk or water
$\frac{1}{4}$ teaspoon salt	1 teaspoon sugar

Sift dry ingredients together, rub in butter thoroughly, add milk enough for soft dough. Roll out 1 inch thick. Cut out with large biscuit cutter. Bake in moderately hot oven about 15 minutes. Remove from oven, break them apart and spread each part with a teaspoon melted butter and cover the melted butter with 1 teaspoon powdered sugar. In preparing strawberries, wash and hull them and cut in half, add plenty of sugar and let them stand an hour before using. This "bleeds" them and gives more juice. Do not put strawberries into the biscuits until just ready to serve them. Spread one-half the biscuit with fruit, put on upper half of biscuit and on this a tablespoon of fruit. Have plenty of juice. If berries do not bleed well, allow one-quarter cup water well stirred into the fruit syrup. In making the biscuits, make them quickly, handling and rolling as little as possible.

RECIPE 564. SHORT CAKE MADE FROM ANY FRUIT.

Make the short cake dough as in strawberry short cake. Slice large fruits or mash small fruits (berries), add plenty of sugar and let stand long enough to bleed. Lemon juice should be put over sliced bananas. This gives a nice flavor and keeps them from turning dark too rapidly.

RECIPE 565. CREAM PUFFS.

1 cup water	1 cup flour
$\frac{1}{2}$ teaspoon salt	4 eggs
$\frac{1}{4}$ cup butter	

Put water, butter and salt in sauce pan and let come to a boil. Quickly stir in the flour and let the mixture cook until it leaves the sides of the pan. Stir constantly. When cool, beat in the unbeaten eggs, one at a time, then beat the whole mixture well. Drop on buttered pan, using spoon. Bake in cool oven 30 minutes, or until light and dry. If baked too quickly the puffs will shrivel. This makes one dozen large puffs.

Pudding Sauces.

RECIPE 566. PLAIN VANILLA SAUCE.

1 cup water	1 level tablespoon
$\frac{1}{2}$ cup sugar	cornstarch
1 tablespoon butter	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	extract

Boil water, sugar, butter and salt together. Wet the cornstarch with a little water and add it to boiling syrup. When it has thickened, add vanilla. Serve hot. A pinch of nutmeg may be used if desired. If a sweeter sauce is desired, use more sugar to taste.

RECIPE 567. HARD SAUCE.

$\frac{1}{2}$ cup powdered sugar	$\frac{1}{4}$ cup butter
	$\frac{1}{4}$ teaspoon salt

Cream butter with sugar and salt. Beat till very smooth. Add any desired flavoring. Set away in ice box to get hard. Puddings are frequently served with a Vanilla or Brandy Sauce and then one teaspoon of Hard Sauce is added to top of each individual serving.

RECIPE 568. BRANDY SAUCE NO. 1.

Follow recipe for making Vanilla Sauce, adding two tablespoons of brandy instead of vanilla. Do not add the brandy until after sauce has been cooked.

RECIPE 569. BRANDY SAUCE NO. 2.

1 cup powdered sugar	2 tablespoons brandy
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup cream or milk
2 eggs	$\frac{1}{4}$ teaspoon salt

Cream butter, add sugar, beat until smooth, then slowly beat in brandy. Beat yolks until creamy, add them slowly to sugar mixture and then add cream or milk. Put this on to cook in a double boiler, stirring all

the time. When the yolks have set and it thickens into a custard, fold in the stiffly beaten whites of the eggs. Serve hot.

RECIPE 570. CUSTARD SAUCE.

1 cup milk	1 teaspoon cornstarch
1 egg	$\frac{1}{2}$ teaspoon vanilla
pinch of salt	

Put milk and salt into a double boiler. Beat the entire egg and sugar together until creamy, then add them to the boiling milk, stirring very rapidly as you put them in. Then add cornstarch wet with a little water. When custard thickens, add flavoring. Can be served hot, but is best served on cold puddings, such as Blanc Mange, Snow, Cornstarch, etc.

RECIPE 571. CHOCOLATE SAUCE.

This is a nice sauce to pour over stale cake which has first been steamed. It is also nice poured over Vanilla Ice Cream, fresh tea cakes, Cottage Pudding, etc.

$\frac{1}{2}$ square bitter chocolate	1 cup boiling water
$\frac{1}{2}$ cup sugar	1 tablespoon corn starch
2 tablespoons butter	pinch of salt
$\frac{1}{2}$ teaspoon vanilla.	

Melt chocolate in double boiler, add hot water and butter, mix sugar, cornstarch and salt together thoroughly and stir into chocolate mixture. Stir until it thickens, add vanilla, pour over cake.

RECIPE 572. FOAMY SAUCE.

$\frac{1}{4}$ cup hot milk	whites of 2 eggs
1 cup powdered sugar	$\frac{1}{2}$ teaspoon vanilla
	pinch of salt

Beat whites of eggs stiff as possible, gradually add the sugar until all is in, then stir in the hot milk and vanilla and salt.

RECIPE 573. BERRY SAUCE.

$\frac{1}{3}$ cup butter	$\frac{2}{3}$ cup berries
1 cup powdered sugar	white 1 egg

Cream butter, slowly add sugar, beat until creamy, then the stiffly beaten white of egg, and last the berries. Stir until berries are well beaten in.

RECIPE 574. PLAIN LEMON SAUCE.

Follow the recipe for Vanilla Sauce, substituting lemon juice or extract for the vanilla.

RECIPE 575. CHERRY SAUCE.

- | | |
|---|-----------------------------|
| 1 cup boiling water | 1 tablespoon syrup |
| $\frac{1}{2}$ cup sugar | from bottle of |
| $\frac{1}{4}$ cup sliced Mara-
schino cherries | cherries |
| pinch of salt | 1 tablespoon corn
starch |

Boil the water, sugar, salt and cherries together for a minute, then add the syrup and cornstarch, which you have wet smoothly with a very little water. Fresh cherries can be used instead of the Maraschino cherries, in which case cook them in water for five minutes before adding sugar. Then add cornstarch, etc.

RECIPE 576. BANANA SAUCE.

- | | |
|------------------------------|---------------------------------|
| 1 large ripe banana | 1 tablespoon corn |
| 2 tablespoons lemon
juice | starch |
| $\frac{1}{4}$ cup sugar | $\frac{1}{2}$ cup boiling water |

Mash bananas and rub through seive into a saucepan. Cover immediately with lemon juice to prevent discoloration. Mix cornstarch and sugar, add to fruit, pour on the boiling water and stir till it thickens. Cook ten minutes. Strain and beat well.

RECIPE 577. ORANGE SAUCE.

- | | |
|---------------------------------|----------------------------------|
| $\frac{1}{2}$ cup sugar | $\frac{3}{4}$ cup boiling water |
| 1 tablespoon flour | 1 egg |
| $\frac{1}{2}$ tablespoon butter | Grated rind $\frac{1}{2}$ orange |

Mix sugar and flour thoroughly, pour over the water and boil for five minutes. Add butter, pour onto egg, well beaten, and return to heat for a moment, but do not boil.

RECIPE 578. COFFEE SAUCE.

- | | |
|------------------------|-------------------------------------|
| 1 cup strong coffee | 1 egg |
| $\frac{1}{3}$ cup Karo | $\frac{1}{2}$ tablespoon cornstarch |

Boil coffee and Karo together. Pour while boiling over the egg and cornstarch. Beat vigorously. Strain and cool.

RECIPE 579. BUTTERSCOTCH SAUCE.

- | | |
|------------------------------------|---|
| 1 cup granulated
sugar | $\frac{1}{2}$ tablespoon butter |
| 2 tablespoons cane-
sugar syrup | $\frac{1}{4}$ cup hot water |
| $\frac{1}{2}$ cup cold water | $\frac{1}{2}$ teaspoon lemon
extract |

Boil sugar, sirup and cold water together until it is very hard when tried in cold water. Remove from heat,

beat in balance of ingredients, color light yellow, and serve hot on ice cream.

RECIPE 580. PLAIN KARO SAUCE.

½ cup dark brown sugar	½ cup Karo
1 tablespoon butter	½ cup cream
yolk of 1 egg	½ tablespoon Kingsford's cornstarch

Cream butter and sugar together, add beaten yolk of the egg, Karo and cream and cornstarch. Boil till thick, add brandy or sherry wine if desired, after removing from the fire.

RECIPE 581. MOCK CREAM.

1 teaspoon cornstarch	1 cup scalded milk
1 tablespoon sugar	½ teaspoon vanilla
	Whites of 1 egg

Mix cornstarch and sugar and cook in the hot milk ten minutes. Strain and cool. Add vanilla and white of egg beaten stiff. Makes a good substitute for whipped cream.

RECIPE 582. FRENCH SAUCE.

¼ cup butter	1 egg (well beaten)
1 cup powdered sugar	1 teaspoon flavoring
1 cup evaporated milk	

Cream butter and sugar thoroughly, then add egg and gradually add the milk (or cream if you have it). Add flavoring. Do not cook it. Currants, chopped nuts or raisins or figs may be added, about ¼ cup.

RECIPE 583. A CHEAP SAUCE.

2 tablespoons butter	½ cup sugar
2 tablespoons flour	½ teaspoon flavoring extract
1 cup milk	
⅛ teaspoon spice	⅛ teaspoon salt

Melt butter, add flour, then milk. Stir until it thickens. Add spice and sugar, salt and flavoring. If desired, one egg beaten creamy can be added to the milk. Any fruit juice can be used instead of the cup of milk, and so give a variety to the sauce.

CHAPTER XIII

Pies.

PIE DOUGH SUGGESTIONS.

Pastry flour is not necessary if a good quality of bread flour is used. It should be sifted with the salt and baking powder two or three times. The less water used, the better the pie dough. The amount varies according to quality of flour. The shortening must be well mixed and rubbed into the flour, but after water is added the less the dough is handled the better it is. The best way is to have the ingredients cold, but this is not absolutely necessary. Pie dough made from the following recipe will keep in a cool place for several days and is all the better for having been thoroughly chilled. It is a saving of time to mix enough at one time to last for several days. The dough for meat pies should be rolled thicken than for fruit pies.

Pies should be placed on the bottom of oven so that the heat may be applied at once to the bottom crust before the juice of the pie has time to soak into it. Place one of the slides directly on bottom of the oven and on this place the pie. Do not add pie mixture to the pie until upper crust is rolled out, so that no time may be wasted in getting upper crust in place immediately after filling pie, thus avoiding letting under crust stand and soak with juices from the filling while rolling out the upper crust. The quicker pie gets into oven, after filling is in crust, the better under crust will be. Pies which require a slow heat, like custard pies, are best when the under crust is placed in the oven and half baked before adding the custard mixture.

RECIPE 584. PIE DOUGH FOR ONE PIE (2 crusts).

1 cup flour	$\frac{1}{3}$ cup shortening
$\frac{1}{4}$ teaspoon salt	2 tablespoons water
$\frac{1}{4}$ teaspoon baking powder	

TO MIX PIE DOUGH.

Put flour, salt and baking powder into sifter. Sift two or three times. Rub shortening in well until flour crumbles. Add water and handle the dough as little as possible after water is put in.

RECIPE 585. MINCEMEAT FOR PIES.

3 pints chopped meat	2 tablespoons ground
5 pints chopped apples	nutmeg
1 pint molasses	2 tablespoons ground
1 pint vinegar	cloves
2 pints cider	1 tablespoon salt
1 pint chopped suet	1 tablespoon black
2 pints raisins	pepper
1 pint currants	3 lemons, juice and
5 pints brown sugar	grated rinds
2 tablespoons ground	1 cup of chopped nuts
cinnamon	(if desired)

Cook all together for fifteen minutes except meat, spices and lemons; add these at the last. When cool, brandy can be added to taste if desired. This amount of mincemeat makes enough to last a small family for several weeks, and it will keep a long time without spoiling.

RECIPE 586. MINCE PIES.

Line a deep pie pan with a rich pie crust (see Index). Fill pan with mincemeat, put on a top crust and bake in a quick oven, placing pan on the bottom of the oven on a grate. As soon as crust is brown the pie is done.

RECIPE 587. MINCEMEAT WITHOUT MEAT.

3 cups apples chopped	Juice of 1½ lemons
fine	1 cup water or cider
1½ cups chopped	1 teaspoon cinnamon
walnuts	¼ teaspoon each,
1½ cup raisins	cloves and allspice
	1½ cups sugar

Cook apples, raisins, nuts, currants, lemon juice, cider together for five minutes. Add spices, simmer one minute, remove from fire. This will make three pies.

RECIPE 588. PUMPKIN PIE.

1 egg	1 cup boiled mashed
¼ teaspoon salt	pumpkin
1 teaspoon nutmeg	2 tablespoons molasses
or ginger	1 cup milk
1 teaspoon cinnamon	¼ cup sugar (omit if
	desired)

Beat all together. Do not separate egg. Bake slowly without an upper crust.

RECIPE 589. SWEET POTATO PIE.

Make just like a pumpkin pie, substituting potato for pumpkin.

RECIPE 590. CARROT PIE.

Make just like a pumpkin pie, substituting carrot for pumpkin.

RECIPE 591. CUSTARD PIE.

1 pint milk	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup sugar	1 teaspoon vanilla
3 eggs	extract

Beat sugar and eggs together, stir them into milk, then strain and add salt and vanilla. Pour this into a pan lined with a rich crust. Bake slowly until custard has "set." You can tell when it is firm by gently sticking a silver knife into the center. If you have trouble with the under crust soaking, you can bake the "shell" until it is half done before you put into it the custard. These pies are best when eaten the day they are cooked.

RECIPE 592. RAISIN AND CRANBERRY PIE.

1 cup cranberries	$\frac{1}{2}$ cup cold water
1 cup raisins	1 teaspoon vanilla
$\frac{3}{4}$ to 1 cup sugar	extract
2 tablespoons flour	$\frac{1}{4}$ teaspoon salt

Chop cranberries and raisins together, add water, sugar and salt, cook until tender, then add flour to thicken, then vanilla. Bake with two crusts.

RECIPE 593. LEMON MERINGUE PIE.

1 cup cold water	Juice of 2 lemons
1 cup sugar	1 heaping tablespoon
2 or 3 eggs	cornstarch
	$\frac{1}{4}$ teaspoon salt

Put water, lemon juice and salt into a double boiler. Stir cornstarch into the sugar, cream yolks of eggs and add the sugar to them, and then add this to the boiling lemon water. As soon as it thickens it is done. Bake a nice pastry shell (see Index). When shell is ready, beat whites of eggs very dry and stiff and add to them one level tablespoon of granulated sugar for each white of egg. This makes a meringue that will never fall if you have the whites beaten dry enough. When meringue is ready, pour lemon mixture into the baked pastry shell, spread meringue on top, place at once in oven to brown the meringue. Watch this carefully, as it only takes one or two minutes. This pie is best served cold, but should be eaten the day it is baked.

RECIPE 594. LEMON FLUFF PIE.

Juice and grated rind of 1 lemon	5 tablespoons cold water
6 tablespoons granu- lated sugar	1 rounding teaspoon butter
4 eggs	$\frac{1}{4}$ teaspoon salt

Stir lemon juice, sugar, water, butter, yolks of eggs and salt together and put into double boiler. Stir mixture in the double boiler constantly while it is cooking until it thickens. As soon as it is thick, beat in whites of two eggs stiffly beaten. When this has fluffed up and whites are well mixed with the custard, pour the mixture into a baked pastry shell and on top spread the other two stiffly beaten whites of eggs to which you have added two level tablespoons granulated sugar. Put pie into oven for a minute or two to brown the eggs.

RECIPE 595. LEMON PIE WITH CRACKERS.

Juice and grated rind of 1 lemon	1 soda cracker
1 cup sugar	$\frac{1}{2}$ cup milk (or cream)
2 eggs	

Roll the crackers fine, separate the eggs, beat yolks, add them to lemon, sugar and milk. Bake in a good rich pie crust. When pie is baked, spread on a meringue of the stiffly beaten whites of the two eggs, to which you have added 2 level tablespoons granulated sugar. Bake a few minutes until a golden brown.

RECIPE 596. CHEAP LEMON PIE.

2 lemons	1 cup sugar
3 soda crackers	1 egg
4 tablespoons water	

Follow Recipe 595 for directions to make this pie.

RECIPE 597. SELF FROSTED LEMON PIE.

(Contributed.)

Grated rind and juice of 1 lemon	$\frac{1}{8}$ teaspoon salt
1 cup sugar	2 eggs
4 teaspoons flour	1 cup milk

Separate the eggs, add yolks to other ingredients, beat well, bring to the boil, then fold in the stiffly beaten whites. Bake in one crust.

RECIPE 598. POTATO PIE.

2 ½ cups mashed potato	1 teaspoon powdered
1 cup sugar	mace or nutmeg
1 teaspoon cinnamon	1 wineglass of brandy
½ cup butter	4 eggs
1 lemon	

Peel, boil and mash enough potatoes to make 2 ½ cups. Put mashed potato through a vegetable press to be sure there are no lumps in it. Cream sugar with butter and put with them the beaten yolks of four eggs. Stir in powdered mace or nutmeg and cinnamon, add potato, juice and grated rind of a lemon, the brandy and the whites of eggs, whipped stiff. Bake in an open shell of good pastry and sift a little powdered sugar over the top of the pie when sending it to table.

RECIPE 599. LEMON POTATO PIE.

Grate one medium sized potato, pour two cups on it of boiling water, slowly stirring all the while until you have a thick, starch-like mixture. Beat yolks of two eggs, put with them a piece of butter size of a walnut, one cup of sugar and grated rind and the juice of a lemon. Whip all to a cream, add potato and water, and bake in an open crust. Make a meringue of whites of eggs and a tablespoon of sugar, spread over pie, brown lightly and serve cold.

RECIPE 600. RICE PIE.

Boil a cup of rice in a quart of milk until tender. Beat into it a pinch of salt, two tablespoons of sugar, the juice and grated peel of a lemon and three eggs, these beaten light. Turn the mixture into a pie plate lined with pastry and bake half an hour. Sift sugar over it just before serving.

RECIPE 601. STRAWBERRY CREAM PIE.

Line a pie plate with a good crust, put in two cups of hulled berries, strew with sugar, cover with the top crust and bake. When done, lift the upper crust and pour in a cream made by putting the beaten whites of two eggs with a cup of cream, a tablespoon of sugar, half a teaspoon of cornstarch, cooking all together in a double boiler until thick. Replace the crust, sprinkle powdered sugar over the top, and serve.

RECIPE 602. CHERRY PIE.

1 quart of pie cherries	½ cup water
1 cup sugar	1 tablespoon cornstarch
2 tablespoons butter	¼ teaspoon salt

Stone the cherries and put them on to stew for a few minutes with the water and salt. In about five minutes add sugar, and as soon as it is dissolved add the butter and cornstarch. As soon as juice has thickened, it is done. Line a deep pie pan with a rich crust (do not roll it too thin), add the fruit, cover with a crust and bake quickly on the bottom of the oven. As soon as the crust has baked, it is done.

RECIPE 603. RASPBERRY PIE.

Follow the directions for Cherry Pie, substituting raspberries for cherries.

RECIPE 604. BLACKBERRY PIE.

Follow the directions for Cherry Pie, substituting blackberries for cherries.

RECIPE 605. LOGANBERRY PIE.

Follow the directions for Cherry Pie, substituting loganberries for cherries.

RECIPE 606. BLUEBERRY PIE.

Follow the directions for Cherry Pie, substituting blueberries for cherries.

**RECIPE 607. PEACH, APRICOT OR PLUM PIE
MADE FROM FRESH FRUIT.**

Stone the fruit, place in a deep pie pan lined with a rich crust, cover with one cupful of sugar, one-half tablespoon butter (in little bits), one tablespoon flour. Put on top crust and bake on bottom of oven for ten minutes, then put up on the slide and bake slowly about twenty minutes more. Cinnamon or nutmeg can be used at discretion. Canned fruit may be used, in which case bake only until crust is done.

RECIPE 608. PEAR PIE.

Pare, quarter and core pears. Place in a rich pie crust, cover with three-fourths cup of sugar, two tablespoons butter, one tablespoon flour. Cover with an upper crust, bake on bottom of oven for ten minutes, then put up on slide and bake slowly with a moderate fire for about twenty-five minutes more. If pears are very ripe they will cook in a little less time. A dash of cinnamon or nutmeg can be used.

RECIPE 609. RAISIN PIE.

Seed two cups of raisins and cut them in halves, shred half a cup of citron, put them over the fire with

the juice of a lemon, one cup of sugar and a half cup of water, and stew gently for ten minutes. Take from the fire, add a tablespoon of brandy, turn the mixture into open pastry shell.

RECIPE 610. LEMON RAISIN PIE.

1 cup chopped raisins	1 cup cold water
1 cup sugar	2 tablespoons melted butter
1 lemon grated rind and juice	1 tablespoon flour
$\frac{1}{2}$ each ground cinnamon and nutmeg	

Boil all together until thick and bake in two crusts.

RECIPE 611. GRAPEFRUIT PIE.

One cup of sugar mixed with two rounding tablespoons cornstarch, grated rind of one-half lemon, juice of one-half small grapefruit, yolks of two eggs, one tablespoon of butter, one cup of hot water. Mix the ingredients, except the water, together. Then gradually add the hot water and stir briskly. Turn into double boiler and cook five minutes after it sets. Fill shell, which has been previously baked, and cover with meringue (see Index).

RECIPE 612. DUTCH APPLE PIE.

Line a pie pan with a good rich pastry (see recipe). Place into it very thinly sliced apples, add $\frac{3}{4}$ cup sugar, 2 tablespoons butter, 3 tablespoons sweet milk, dash nutmeg. Let bake slowly about 30 minutes. Remove from fire and spread with marshmallows. Put back in oven until marshmallows have browned. For a change, omit the marshmallows and spread pie with 1 cup rich cream, beaten very stiff. (Do not bake again.) Another change, cover apples (when baked) with a meringue made from whites of 2 eggs and 2 tablespoons sugar. Bake.

RECIPE 613. FRENCH APPLE PIE.

Fill a greased pie plate with peeled and sliced apples, sprinkle over these sugar and a little grated nutmeg and pour over them a batter made by mixing the yolks of two eggs with half a cup of flour, a quarter cup of milk, and one tablespoon of butter. Bake until the apples are soft, reverse the plate over a platter so that the apples will come out on top, spread over them a meringue made of the whites of the two eggs beaten stiff with a tablespoon of powdered sugar, set the pie in oven until meringue is lightly browned and serve the pie either hot or cold.

RECIPE 614. CREAMED SWEET APPLE PIE.

Peel, core and slice any good sweet apples, put them in a stew pan with a few spoonfuls of water to prevent scorching, cover closely and cook slowly until tender but not broken. To each cup of apples add one tablespoon of sugar after they are cooked and put them aside to get cold. When chilled cut into small pieces. Line a pie plate with pastry, sprinkle flour on it, lay on a top crust, and bake to a delicate brown, lift off the top crust carefully, spread the lower crust with the apple, cover with whipped cream, lay on the upper crust, strew lightly with powdered sugar, and serve.

RECIPE 615. APPLE PIE.

Slice enough apples to fill your pan, line pan with a rich pie dough, fill it with thinly sliced apples, cover them with one cup of sugar, a quarter of a cup of butter in small bits, a dash of cinnamon or nutmeg if you like it. Put over the apples a rounding tablespoon of flour, then cover the pie with an upper crust. Place pie in a moderate oven. First on the bottom of the oven for a few minutes to bake the under crust, then place higher up on a slide and let the pie cook slowly for about thirty minutes. Some apples will cook in a little less time. There is no water put into the pie, but it will be nice and juicy.

RECIPE 616. ITALIAN APPLE TART.

Select firm, tart apples of medium size, peel, core and cut in half; put them over the fire in a shallow saucepan with a cup of water and a half cup of white sugar. Stew gently until tender, but not broken. Lift the apples out carefully with a split spoon and lay them, the open side upward, in a pie dish lined with a baked crust. Let the sirup in which they were cooked boil down to half the original quantity. Fill the hollows from which the cores were taken with orange marmalade with which you have mixed a few chopped almonds, a few seeded and minced raisins and a little shredded citron. Pour the sirup you have boiled down around the apples, set them aside to cool, and before sending to the table mask the apples with whipped cream piled lightly over the top.

RECIPE 617. DATE PIE.

Cover one-fourth pound of dates with one pint of water; simmer until tender. Drain the dates and chop them fine.

1 pint of milk	$\frac{1}{4}$ teaspoon salt
3 eggs	3 level tablespoons
$\frac{1}{4}$ cup sugar	granulated sugar

Stir yolks of eggs, sugar and dates and salt together. Pour this mixture into a half-baked shell and bake custard slowly about half an hour until custard sets, then beat up the whites of eggs very stiff, add the three tablespoons of sugar to them and spread this meringue on top the custard pie and bake for a minute until brown. Best eaten the day it is baked.

RECIPE 618. DATE PIE.

2 cups of stoned dates	3 tablespoons sugar
1 lemon	2 tablespoons milk
flour	butter

Stone the dates, cut them into bits, and put with them the juice and the grated rind of a lemon, the sugar and milk—just enough to soften the dates. Fill a lower crust with this, sprinkle very lightly with flour, put bits of butter here and there, put on an upper crust and bake.

RECIPE 619. FIG PIE.

Wash a half pound of pulled figs, put them over the fire with enough water to cover, simmer until tender and chop fine. Boil down the water in which they were cooked, put it with the figs, add two tablespoons of sherry or one tablespoon lemon juice, turn the mixture into an open shell, cover with a meringue and bake. If the filling is not sweet enough to suit the taste, add sugar to taste.

RECIPE 620. SOUTHERN GREEN TOMATO PIE.

Cover a deep pie pan with a rich crust. Slice in enough green tomatoes to fill it. Add:

1 cup sugar	4 tablespoons vinegar
$\frac{1}{4}$ cup butter	1 tablespoon flour
$\frac{1}{4}$ teaspoon salt	pinch of nutmeg

Bake on bottom of oven for ten minutes, then put it up on slide and bake slowly twenty minutes more. Two crusts.

RECIPE 621. DAMSON PLUM PIE.

1 pint sweet milk	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ teaspoon salt	3 eggs
$\frac{1}{2}$ cup Damson plum preserves	2 tablespoons granulated sugar

Make a rich pie dough and line a deep pan with it. Do not bake. Cream yolks of three eggs, the white of

one egg and one-fourth cupful of sugar together. Add milk, salt and Damson plums. Stir well together, pour into the pie, bake in a moderate oven slowly until the custard has set. Beat the two remaining whites of eggs to a stiff froth, add two tablespoons granulated sugar, spread on the pie and bake a moment until brown.

RECIPE 622. BANANA PIE.

1 ½ cups milk	1 teaspoon cornstarch
1 scant cup sugar	2 eggs

Put milk into a double boiler to cook. Beat yolks to a cream, add sugar and cornstarch to them, stir until the custard thickens. Add a pinch of salt and a little lemon or vanilla flavoring. Have ready a baked pastry shell. Beat whites to a very stiff froth, add two level tablespoons granulated sugar to them. Cut banana slices in sufficient quantity to cover the bottom of pastry shell. Pour the custard over bananas and spread on top a meringue of the whites of eggs. Put into the oven to brown for a minute or two. Should be eaten the day it is cooked.

RECIPE 623. RHUBARD MERINGUE PIE.

1 cup milk	1 tablespoon flour
1 cup sugar	(heaping)
yolks 2 eggs	2 eggs (whites)
¼ teaspoon salt	2 tablespoons granulated sugar

Line a deep pie pan with a rich crust. Fill this with rhubarb, cut fine.

Beat yolks of eggs until creamy, add sugar, salt, milk and flour. Pour this over the rhubarb and bake slowly until rhubarb is done, probably about an hour; then beat the two whites of eggs to a very stiff froth, add the two level tablespoons of sugar, spread on top of pie and brown a moment in the oven.

RECIPE 624. FRUIT MERINGUE PIE.

(Peaches, Pears, Pineapple, Plums.)

Line a deep pie pan with a rich crust and bake it. For filling:

½ can of large fruit	1 pinch salt
1 cup juice	whites 2 eggs
1 teaspoon cornstarch	2 tablespoons granulated sugar
1 tablespoon butter	

Thicken juice with the cornstarch, add butter and salt. Cover the bottom of baked pastry shell with slices

of fruit, pour over the juice, and spread the meringue (made from the stiffly beaten whites of eggs and sugar) over the fruit. Bake in oven until meringue is brown. Best eaten the day it is baked.

RECIPE 625. CREAM MERINGUE PIE.

1 pint sweet milk	1 heaping tablespoon
$\frac{1}{2}$ cup sugar	cornstarch
2 or 3 eggs	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	extract

Put milk and salt into a double boiler. Stir cornstarch into sugar, cream yolks of eggs and add sugar to them; stir this in the milk just before it begins to boil. When it thickens it is done. Remove from fire and add vanilla. Bake a pastry shell (see Index). Beat whites of the eggs to a very stiff dry froth, then add to them one level tablespoon of granulated sugar for each egg used. Pour the cream mixture into pastry shell, spread over it whites of the eggs (meringue) and bake in oven for a minute or two until the meringue browns. Serve cold, but is best eaten the day it is baked.

RECIPE 626. CHOCOLATE PIE.

Follow recipe for Cream Meringue Pie, adding to custard one square melted bitter chocolate and two extra tablespoons sugar.

RECIPE 627. MAPLE CUSTARD PIE.

2 cups milk	1 tablespoon vanilla
$\frac{1}{4}$ cup grated maple sugar	1 tablespoon powdered sugar
1 teaspoon butter	3 eggs

Beat yolks of eggs, put with them the milk previously heated, the maple sugar, butter and vanilla. Fill a crust and bake in a steady oven until set. Make a meringue of the whites of eggs and powdered sugar, spread on top of the pie and bake to a delicate brown.

RECIPE 628. BUTTER SCOTCH PIE.

1 cup of milk	2 tablespoons butter
$1\frac{1}{4}$ cups brown sugar	(level)
2 heaping tablespoons flour	whites 2 eggs
$\frac{1}{4}$ teaspoon salt	2 tablespoons granu- lated sugar
	yolks 2 eggs

Line a deep pie pan with a rich pie dough and bake. Put milk into a double boiler to scald, with salt and butter. Mix flour well with the sugar, add well-beaten yolks

of eggs to milk. Stir until it thickens. Beat whites of eggs stiff, add two tablespoons granulated sugar. Pour custard into baked shell, spread on the whites of eggs and brown in oven.

RECIPE 629. CHICKEN PIE.

Boil chicken until tender. For a small family one-half the chicken will be enough. Take two cups of the chicken broth and in it boil one cup of raw diced potatoes until they are about half done, add chicken, one cup of cream or milk, season to taste, thicken the gravy, pour mixture into a deep baking dish lined with a rich crust. cover with an upper crust and bake until crust is done. Serve at once, very hot. Green peppers, onions or pimientos can be added for a change. About two tablespoons of any one of them, minced. For another change you can omit the milk but use enough of the broth to have plenty of gravy. All meat pies must be very juicy.

RECIPE 630. CHICKEN TOMATO PIE.

1 cup tomatoes	1 tablespoon butter
1 onion minced fine	$\frac{3}{4}$ teaspoon salt
2 olives minced fine	$\frac{1}{8}$ teaspoon pepper
flour to thicken	$\frac{1}{8}$ teaspoon paprika

Boil chicken until very tender. For a family of two take one-half a chicken, cut into fair-sized pieces; simmer chicken with all the other ingredients except flour for fifteen minutes. Add just enough flour to thicken the juice a little. The amount will depend upon the grade of tomatoes used. Line a deep baking dish with a rich pie dough. Do not roll it too thin. Pour in the chicken mixture, cover with a crust and bake on the bottom of the oven with a quick fire until crust is done. Serve at once, very hot.

CHAPTER XIV

Cold Desserts.

RECIPE 631. BLANC MANGE.

2 cups milk	$\frac{1}{2}$ cup sugar
3 eggs	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	2 tablespoons cornstarch

Put milk to cook in a double boiler, reserving one-fourth of a cup to moisten cornstarch. Beat eggs until creamy with the sugar, add to them the cornstarch which has been wet with one-fourth cup of milk. When milk in double boiler has boiled, add sugar, eggs and cornstarch mixture, stirring rapidly as they are added. When custard has thickened, add salt and flavoring. Wet some individual molds in cold water, pour in the Blanc Mange and set away to cool. When ready to serve, turn out from the mold, invert and pour over each a plain Boiled Custard Sauce (see Index). Cream sweetened a little can be used for the sauce, in which case add a pinch of ground nutmeg.

RECIPE 632. BLANC MANGE WITHOUT EGGS.

Follow recipe for Blanc Mange, but omit eggs and use only one-fourth cupful sugar. When cold serve with a Custard Sauce or plain cream. A teaspoonful of sour jelly to each mold of Blanc Mange is nice. Add it when ready to serve.

RECIPE 633. CHOCOLATE BLANC MANGE.

Follow directions for making Blanc Mange, melt one square of Baker's chocolate over hot water, add one-fourth cupful sugar and one-fourth cupful of milk. Stir until smooth and add to Blanc Mange while still hot. Serve with a Cream or Custard Sauce.

RECIPE 634. CHOCOLATE CREAM PUDDING.

1 pint milk	$1\frac{1}{2}$ squares Baker's
$\frac{1}{2}$ cup sugar	chocolate
$\frac{1}{4}$ teaspoon salt	2 tablespoons cold milk
3 whites of eggs	5 level tablespoons
1 teaspoon vanilla	cornstarch

Put the pint of milk and salt into a double boiler. Mix the cornstarch with the sugar and two tablespoons cold milk. Melt the chocolate with two tablespoons hot water, add it to sugar and cornstarch. When milk in the

boiler has scalded, add the chocolate mixture, stirring rapidly as it is going in. Cook until it thickens. Beat whites of eggs to a very stiff froth and stir them into the boiled custard; add vanilla. Set away to get cool. Serve with slightly sweetened cream. The cream can be whipped or served plain. A pinch of nutmeg is nice.

RECIPE 635. PRUNE WHIP.

prune pulp	2 teaspoons lemon juice,
whites 5 eggs	or
$\frac{1}{2}$ cup sugar	1 teaspoon vanilla

Cover one-third of a pound of nice prunes with a quart of cold water and let them soak over night. In the morning stew them until tender in the water in which they soaked. When tender, remove stones and press them through a strainer.

Beat eggs to a very stiff froth, add the sugar to the prunes and gently fold into the white of eggs. Flavor. Pour lightly into a well-buttered deep baking dish and bake in moderate oven twenty to twenty-five minutes. Can be served hot or cold, with or without a Custard Sauce (see Index).

RECIPE 636. SOUFFLE OF PRUNES WITH NUTS.

$\frac{1}{2}$ cup chopped nuts	whites of two eggs
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Make the recipe for Prune Pudding, and when ready to remove from the fire add the nuts and the whites of two eggs beaten very stiff. Put into molds and set away to get cold. Serve with Whipped Cream, sweetened a little.

RECIPE 637. PRUNE PUDDING.

2 cups cold water	$1\frac{1}{3}$ cups boiling water
$\frac{1}{2}$ pound prunes	2 heaping tablespoons
1 cup sugar	cornstarch
2 whole cloves	2 tablespcons lemon
$\frac{1}{4}$ teaspoon salt	juice

Cover prunes at night with cold water. In the morning boil them until tender in the water in which they were soaked. Remove stones, crack them and put kernels through the grinder and add them to the prunes again. Put prunes, cloves, sugar and salt into boiling water, let them simmer for fifteen minutes. Add a little cold water to cornstarch to make a smooth, thin paste, add it to the prunes and cook until it thickens. Add lemon juice or a teaspoon of vanilla. Wet some molds in cold water, pour in the prune custard and let it get cold. Serve with either whipped or plain cream which has been sweetened a little.

RECIPE 638. CREAM OF SHERRY WINE.

$\frac{1}{3}$ cup sherry wine	$\frac{1}{2}$ cup sugar
2 eggs	$\frac{1}{2}$ lemon juice and
pinch of salt	grated rind

Beat the yolks of eggs, salt and lemon juice to a creamy froth. Add the Sherry wine; beat well. Put into a double boiler, stirring all the time until it thickens, then add stiffly beaten whites of eggs. Put some stale cake slices (lady fingers or sponge cake is best) into a dish, pour the Wine Cream over them and set away to get cold.

RECIPE 639. WINE JELLY.

2 tablespoons Knox's gelatine	2 whole cloves
$\frac{1}{2}$ cup cold water	1 cup sugar
$1\frac{1}{2}$ cups boiling water	juice 1 lemon
	$1\frac{1}{3}$ cups sherry wine
	$\frac{1}{2}$ cup orange juice

Put gelatine to soak for fifteen minutes with the cold water, then add boiling water, sugar, cloves, lemon and orange juice. Let this boil for one minute, add the wine, strain through a cloth and set away to harden. This will take several hours in summer. It is best to prepare it a day before it is to be used. Serve with whipped cream or Lemon Salad Dressing.

RECIPE 640. LEMON JELLY.

2 tablespoons granu- lated gelatine	$2\frac{1}{2}$ cups boiling water
$\frac{1}{2}$ cup cold water	juice 3 lemons
	1 cup sugar

Soak gelatine with cold water for fifteen minutes. Add boiling water, sugar and lemon juice. Stir until gelatine is all dissolved. Strain through a cloth, pour into molds and set away to harden. Make it the day before it is to be used. Serve with slightly sweetened whipped cream.

RECIPE 641. COFFEE JELLY.

2 tablespoons granu- lated gelatine	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup cold water	pinch salt
3 cups boiling hot coffee	$\frac{1}{2}$ teaspoon vanilla (optional)

Soak gelatine in cold water, add boiling coffee, sugar, salt, stir well, add vanilla if desired, strain through a cloth and set away to harden. Serve with sweetened cream, whipped or plain.

RECIPE 642. ORANGE JELLY.

2 tablespoons granu- lated gelatine	2 whole cloves
½ cup cold water	1 cup sugar
1½ cups boiling water	2 tablespoons lemon juice
pinch of salt	1½ cups orange juice

Follow directions for making Lemon Jelly. Strain through a cloth and set away to harden. Serve with sweetened cream, whipped or plain.

RECIPE 643. FRUIT GELATINE.

Take any of the jelly recipes and add a little sliced fruit. Nuts chopped a little can be added, about half a cup. Pour into molds and as it begins to harden a little stir the fruit down once or twice, so that it will not all remain on top. Serve with whipped cream. When ready to unmold set molds into a pan of hot water for a moment, then turn out on a clean cloth for a moment to absorb the liquid gelatine, then put onto dish in which it is to be served and put the cream on top. Maraschino cherries laid on the top of the whipped cream are pretty.

RECIPE 644. PRUNES IN JELLY.

Put one-half pounds of prunes to soak over night with a quart of cold water. In the morning stew the prunes in the water in which they were soaked, until they are tender. Remove stones, fill the cavities with chopped nuts.

2 tablespoons granu- lated gelatine	hot water
½ cup cold water	1 cup sugar
pinch salt	juice 2 lemons

Put gelatine to soak in cold water fifteen minutes. To the water prunes were boiled in add lemon juice and then enough hot water to make one quart of liquid. Add sugar, salt, and boil for a moment; add to soaked gelatine. Strain through a cloth into a mold in which the prunes have been placed. While gelatine is hardening stir it once or twice so that prunes will not float on the top. Serve very cold with whipped cream slightly sweetened.

RECIPE 645. MARSHMALLOW AND PRUNE JELLY.

Follow the directions for making Prunes in Jelly, substituting quartered marshmallows for nuts in the prune cavities. Do not put the prunes into the gelatine until it has begun to harden a little or the marshmallows will melt. Serve with whipped cream to which add a few more marshmallows cut into halves or quarters.

RECIPE 646. MARSHMALLOW PUDDING.

1 tablespoon granu- lated gelatine	whites 3 eggs
1 cup boiling water	1 teaspoon vanilla
1 cup sugar	1 cup macarcons minced

Put gelatine into a bowl, add boiling water, stir until dissolved, then add sugar. Stir well. Now set the bowl into a pan of ice water, add the stiffly beaten whites of eggs. Beat with a wire whisk until the mixture begins to thicken. Dip a shallow pan in cold water, pour in the gelatine mixture and let stand until cold. When it is thoroughly chilled take a sharp knife and cut the gelatine into one-inch squares. Have some stale dry macarons rolled into crumbs. Cover the marshmallow with these. Serve very cold with whipped cream sweetened a little. A little vanilla can be added to the cream.

RECIPE 647. MARSHMALLOW PUDDING.

Whites of six eggs beaten stiff; add one cup sugar. To this add one heaping tablespoon of Knox's gelatine that has been dissolved in three-quarters cup boiling water. Stir vigorously. Then add one can grated pineapple (or any fruit desired) and one cup nut meats. For fancy desserts add fruit coloring and mold. This is delicious, easily made and very pretty.

RECIPE 648. MARSHMALLOW SNOW.

2 level tablespoons granulated gelatine	1 cup sugar
½ cup cold water	¼ cup ground nuts
whites 4 eggs	1 teaspoon vanilla
	pinch of salt

Cover gelatine with one-half cupful of water for ten minutes. Put over fire to dissolve. Let it cool a little. Then add one-half cupful more of cold water. Stir until well mixed. Beat the eggs to a very stiff froth, pour over them a little of the gelatine, then a little sugar, then alternate the gelatine and sugar until it is all in, beating briskly all the time with a wire whisk. Pile lightly into a dish and sprinkle the nuts on top. Serve with a Cold Custard Sauce (see Index).

RECIPE 649. MARSHMALLOW TRIFLE.

½ cup whipping cream	½ cup sliced pineapple
½ pound marshmallows	1 diced orange, or
¼ cup Maraschino cherries	½ cup green Malaga grapes
¼ cup powdered sugar	½ cup English walnuts
pinch of salt	½ teaspoon vanilla or lemon

Whip the cream until it is stiff, add sugar, fruit, salt, nuts and marshmallows; last the flavoring. Pile into a dish and set away to get ice cold. It should stand to blend the flavors for at least two hours. It will be all the better if it stands several hours. A teaspoon of the Maraschino syrup can be used instead of vanilla, if desired. To serve this dish attractively, pile it into very thin glasses (with long stems is preferable), put one cherry on top of each glass.

RECIPE 650. FIG AND PRUNE CREAM.

1 tablespoon granu- lated gelatine	$\frac{1}{4}$ cup boiling milk whites of 2 eggs
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ cup whipping cream
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup chopped figs
$\frac{1}{4}$ cup chopped cooked prunes	

Put the gelatine to soak for ten minutes in cold water, add boiling milk, stir until dissolved, add sugar, stir well. Set dish into a pan of ice water, beat with a wire whisk until it begins to thicken. Beat the whites of eggs to a very stiff froth, add the cream, prunes and figs and stir into the mixture. Wet a mold with cold water, pour the mixture into it and set away to harden.

RECIPE 651. FRUIT CHARLOTTE.

Can be made with either strawberries, raspberries, apricots or peaches. Have enough fruit to make about one and one-half cups pulp, let stand with one-half cup sugar for one-half hour, then put it through the potato ricer, or mash it well. Take whites of four eggs, beat them to a stiff froth, add fruit pulp slowly to beaten whites. Have a glass dish lined with slices of sponge cake, pile in the Fruit Charlotte, dot the top with a few whole berries, or thin slices of the fruit (peaches or apricots, if those are the fruits used). Should be eaten shortly after being mixed. Everything should be very cold.

RECIPE 652. MACEDOINE OF FRUIT JELLY.

Use the recipe for Wine Jelly (see Index). Have ready some strips of bananas, oranges, figs, Maraschino cherries and English walnuts, halved. Place a jelly mold in a pan of ice water, pour into mold the wine jelly mixture to depth of one-half inch. Let it get firm. When the design is finished, pour more wine jelly over it, a tablespoon at a time, so as not to disturb the design. When well covered let this layer harden. Again add the design, cover again with the jelly. Repeat until all is

used, letting each layer harden before adding the next layer. Serve with plain cream or whipped cream sweetened a little. By using some of the fruit coloring that comes in each package of gelatine, very effective designs can be worked out. To do this, divide the liquid gelatine into different lots and add a different coloring to each lot.

RECIPE 653. FLOATING ISLAND CUSTARD.

1 pint sweet milk	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup sugar	1 heaping teaspoon
2 eggs	cornstarch
	1 teaspoon vanilla

Put milk into a double boiler. Stir cornstarch and salt thoroughly into the sugar, add to them the yolks of eggs. Beat until creamy. When milk boils, add egg mixture to the milk, stirring rapidly. As soon as it thickens, add vanilla and pour custard into dish in which it is to be served. Beat the whites of the two eggs to a stiff froth, add two level tablespoons granulated sugar to them and pile this meringue lightly on the custard. Serve very cold.

RECIPE 654. FLOATING ISLAND WITH RICE.

Follow directions for making Floating Island, but put one cupful boiled rice (hot or cold) into the double boiler, with the milk and omit cornstarch.

RECIPE 655. POOR MAN'S RICE PUDDING.

1 quart sweet milk	$\frac{1}{2}$ cup sugar
4 tablespoons rice	$\frac{1}{2}$ teaspoon salt
	pinch nutmeg

Wash rice thoroughly, changing the water several times. Put milk into a deep baking dish, add to it the washed rice, sugar, salt and a few grains of ground nutmeg. Bake in a very slow oven from an hour and a half to two hours. Stir very often. This will make the pudding soft and creamy. When rice is very tender it is done. Raisins can be added, but must first be boiled in hot water a few minutes or they may make milk curdle. They can be added when the pudding is almost done. Sometimes a tablespoon of butter is added to this pudding. Just before the pudding is ready to come out of oven, add a teaspoon vanilla extract. Is best served icy cold, but can be eaten hot. If this pudding is cooked slowly it will be so creamy that no other sauce is necessary. If you find the pudding is baking a little too dry, add more milk. The time of baking depends upon the age of the rice. Old rice cooks more slowly.

RECIPE 656. BAKED RICE CUSTARD.

1 pint milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup hot or cold boiled rice	$\frac{1}{4}$ cup sugar 2 eggs beaten together
1 teaspoon vanilla	

Stir all ingredients together. Pour into a deep baking dish and bake in a very slow oven from twenty to thirty minutes or until the custard has "set" in the middle. If you bake it too fast it will separate and become watery. Can be served hot or cold.

RECIPE 657. PLAIN BAKED CUSTARD PUDDING.

Make exactly as the Baked Rice Custard, omitting rice, but use three eggs instead of two. If these custards are not sweet enough add a little more sugar.

RECIPE 658. BAKED "MINUTE" TAPIOCA CUSTARD.

1 pint sweet milk	$\frac{1}{3}$ cup sugar
1 tablespoon "minute" tapioca	2 eggs $\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla	

Add beaten yolks of eggs, sugar, salt and tapioca to the milk, pour into a deep pudding dish and bake about thirty minutes slowly. When about cooked, beat whites of eggs to a stiff froth, add to them two level tablespoons granulated sugar. Spread this meringue on top of the baked pudding and put back in oven to brown.

RECIPE 659. BAKED "PEARL" TAPIOCA PUDDING.

1 pint of milk	a few grains of nutmeg can be added
$\frac{1}{3}$ cup sugar	
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup soaked tapioca
2 eggs	

Soak one-half cup Pearl tapioca in a quart of cold water over night. In the morning drain the tapioca. Stir the tapioca, milk, sugar, salt, beaten yolks of eggs and vanilla all together, pour into a deep baking dish, sprinkle the nutmeg on top and bake in a very slow oven. When pudding has "set" to the center remove from oven and spread on the top the meringue made from the beaten whites of the two eggs, to which you have added two level tablespoons granulated sugar. Put pudding back in the oven long enough to brown. Serve hot or cold.

RECIPE 660. BAVARIAN CREAM.

$\frac{1}{2}$ cup sugar	2 eggs
1 lemon juice and rind	1 tablespoon cold water
1 cup sherry wine	pinch of salt
1 teaspoon granulated gelatine	

Put gelatine to soak with cold water ten minutes. Beat sugar, lemon, wine, salt and yolks of eggs until creamy. Put this mixture into a double boiler. Stir until it thickens. Beat eggs to a very stiff froth, pour boiling custard gradually over the whites, beating rapidly with a wire whisk. Set custard into a pan of ice water and beat it until it will stand alone. Have ready a mold, lined with lady fingers, pour the custard into this mold and set away to get icy cold. If desired, omit the wine and use an equal amount of orange or pineapple juice.

RECIPE 661. VELVET CREAM.

1 pint sweet cream or rich milk	$\frac{1}{4}$ cup cold water
	pinch of salt
$\frac{1}{2}$ envelope of granulated gelatine	sugar to taste
	$\frac{1}{2}$ teaspoon of vanilla

Put gelatine to soak with cold water for ten minutes. Scald one-half cup of milk and dissolve the softened gelatine in it. Add milk and gelatine to the cold milk or cream, add salt, vanilla and sugar to taste. Set away for several hours in a gelatine mold to harden. Can be served with a spoonful each of some kind of preserves, or a little sweetened cream or a Cold Boiled Custard Sauce.

RECIPE 662. SPANISH CREAM.

1 tablespoon granulated gelatine	$\frac{1}{2}$ cup sugar
3 cups milk	1 teaspoon vanilla
3 eggs	$\frac{1}{4}$ teaspoon salt

Put gelatine to soak for ten minutes with three tablespoons of milk. Put rest of milk into a double boiler; when scalded add the soaked gelatine, stir well, add sugar. Beat yolks a little and slowly pour the boiling milk over them, beating with a wire whip rapidly until all the milk has been used. Put this mixture into the double boiler and stir constantly until it thickens. Take it from the fire, stir in the very stiffly beaten whites of eggs; last, add the salt and flavoring. Wet some individual molds in cold water, turn the gelatine into the molds and set away to harden. When cold serve

with whipped cream, sweetened a little. Plain cream can be used, to which add a few drops of vanilla and a little sugar. A pinch of nutmeg is also nice.

RECIPE 663. FRENCH CREAM.

Scald one and one-fourth cups of milk. Beat yolks of two eggs slightly and add two tablespoons of sugar and a few grains of salt. Add milk gradually to egg mixture and cook over hot water, stirring constantly until mixture thickens; then add one and one-fourth tablespoons of granulated gelatine soaked in one-fourth cup of cold water ten minutes. Strain and add whites of two eggs beaten until stiff. Set pan containing mixture in larger pan containing ice water, and stir, scraping from bottom and sides of pan until mixture begins to thicken. Then add one-half pint of heavy cream, beaten until stiff, mixed with three tablespoons of powdered sugar and one teaspoon of vanilla. Turn into a serving dish and chill. Garnish top with cubes of wine jelly.

RECIPE 664. BAKED PEARL TAPIOCA PEACH PUDDING.

Soak one-half cup pearl tapioca over night in one quart cold water. In the morning drain off the water. Put tapioca in a double boiler with one-half cup cold water and one-fourth teaspoon salt. Boil until the tapioca looks clear. While tapioca is boiling, put peaches cut in half into the bottom of a deep baking dish. Add one-half cupful sugar to tapioca, and pour tapioca over the fruit. Bake until fruit is tender. Probably one-half hour. A meringue made of white of an egg beaten stiff and one tablespoon granulated sugar added to it is very nice spread onto pudding when it has baked. Put back into oven a minute until it browns. Canned fruit can also be used instead of the fresh. Does not need to be baked but a few minutes.

RECIPE 665. BAKED PLUM OR APRICOT PEARL TAPIOCA PUDDING.

Make in the same way as the Baked Pearl Tapioca Peach Pudding, substituting plums or apricots for peaches.

RECIPE 666. BAKED ORANGE PEARL TAPIOCA PUDDING.

Made like the Baked Pearl Tapioca Peach Pudding, substituting oranges for peaches.

RECIPE 667. BAKED ORANGE AND BANANA PEARL TAPIOCA PUDDING.

Made like Baked Pearl Tapioca Peach Pudding, substituting oranges and bananas. It is well to sweeten oranges and bananas and let them stand for ten minutes before adding tapioca.

RECIPE 668. PEARL TAPIOCA CREAM PUDDING.

1 pint sweet milk	$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ teaspoon salt	2 eggs
soaked tapioca	1 teaspoon vanilla

Soak one-half cupful "Pearl" tapioca over night in one quart of cold water. In the morning drain off water. Put the milk, salt and tapioca into a double boiler. Beat the yolks of eggs and sugar together. When milk has boiled, add the creamy eggs and sugar to the milk, stir rapidly until the eggs have cooked, add the vanilla. Pour into the dish in which you wish to serve it. Beat the whites of the eggs to a stiff froth, add two level table-spoons granulated sugar and pile this meringue on top of the tapioca cream. Best served very cold.

RECIPE 669. PEARL PINEAPPLE TAPIOCA PUDDING.

soaked tapioca	white of 1 egg
juice 1 lemon	$\frac{1}{2}$ cup pineapple
$\frac{1}{2}$ cup cold water	$\frac{1}{3}$ cup sugar

One-half cup Pearl tapioca soaked over night in a quart of cold water. Drain off the water in the morning. Put tapioca, cold water and lemon juice into a double boiler. When the tapioca has become clear looking, stir in the sugar and pineapple, then stir into this mixture the stiffly beaten white of egg. Grated pineapple can be used, but small pieces of the fruit are better. Serve very cold, with or without cream.

RECIPE 670. PEACH OR APRICOT OR PLUM TAPIOCA PUDDING.

Prepare exactly as for the Pineapple Tapioca, using cooked fruit. Do not cook the fruit in the pudding, but drain the juice from it and put fruit in the serving dish and pour the tapioca over it.

RECIPE 671. MINUTE TAPIOCA CREAM.

Put into a double boiler:

1 pint sweet milk	$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ teaspoon salt	1 heaping tablespoon
2 eggs	"Minute" tapioca
1 teaspoon vanilla	

When milk has boiled add to it yolks of eggs which have been beaten creamy with the sugar. Stir well for a minute or two until eggs have set, then add the vanilla extract. Pour into dish in which you wish to serve it on the table. Beat the whites of two eggs very stiff, add two level tablespoons granulated sugar, spread this meringue on top of the custard. Serve very cold.

RECIPE 672. TIPSEY PUDDING.

Pieces of stale Sponge Cake or Lady Fingers can be dipped in a little Sherry Wine, then placed in a row around the edge of a glass bowl. Pour into the bowl over them some cold boiled Custard (or Floating Island) and in the center of the bowl pile the beaten whites of two or three eggs which you have made into meringue with granulated sugar. To make this meringue, beat the whites as stiff as possible and allow one level tablespoons granulated sugar, for each white of egg. A few Maraschino cherries or little bits of red jelly or jam can be placed on top of the meringue if desired and gives not only a nice taste, but adds to the looks of the dish. Any kind of stale cake can be treated in the same way.

CHAPTER XV

Frozen Desserts and Fruit Beverages.

RECIPE 673. VANILLA ICE CREAM NO. 1.

1 cup scalded milk	1 egg
1 heaping teaspoon flour	pinch of salt
$\frac{1}{2}$ cup sugar	1 pint good cream
1 teaspoon vanilla	

Mix sugar, flour and salt together, beat the egg a little and add to dry ingredients, then slowly add hot milk, stirring it in until smooth. Put into a double boiler and stir constantly until it begins to thicken. Remove from fire, let it get cold, then add cream and vanilla. Strain it and then freeze. Let stand for an hour or so after it is frozen, so that it may ripen.

RECIPE 674. VANILLA ICE CREAM NO. 2.

1 quart of cream	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup sugar	1 $\frac{1}{2}$ tablespoons vanilla

Mix these ingredients, freeze and let ripen for an hour or more after being frozen.

RECIPE 675. FROZEN CUSTARD.

1 quart milk	1 heaping tablespoon
$\frac{1}{2}$ cup sugar	cornstarch
$\frac{1}{4}$ teaspoon salt	3 eggs
	$1\frac{1}{2}$ tablespoon vanilla

Put milk into a double boiler to scald. Mix the cornstarch, sugar, salt and eggs together, beat the eggs until creamy. When milk has scalded, add two or three tablespoons of hot milk to egg mixture, stir rapidly for a minute until well mixed, then turn egg mixture into hot milk, stir rapidly until it thickens. Remove from fire, add vanilla and let stand until cold. Freeze and let ripen at least two hours.

RECIPE 676. CHOCOLATE ICE CREAM.

Put one and one-half squares bitter chocolate to melt in double boiler while you mix Ice Cream Recipe No. 2. Add just enough boiling water to the melted chocolate to make it thin enough to pour easily (probably about two tablespoons of water), stir this liquid chocolate into Ice Cream Recipe No. 2. Freeze and let stand a couple of hours. One-quarter of a cup of cocoa melted in hot water is very nice instead of the chocolate.

RECIPE 677. FROZEN EGGNOGG.

Proceed exactly as for Frozen Custard, adding one-quarter cupful brandy instead of vanilla. Freeze and let ripen for two hours.

RECIPE 678. FROZEN CHOCOLATE CUSTARD.

Melt one and one-half squares of bitter chocolate and add it to the recipe for Frozen Custard while it is still cooking in double boiler. Freeze and let ripen for a couple of hours. If desired sweeter, add more sugar to taste after adding chocolate.

RECIPE 679. COFFEE ICE CREAM.

$\frac{1}{3}$ cup strong coffee	1 pint rich cream
liquid	yolks of 2 eggs
$1\frac{1}{2}$ cups milk	$\frac{3}{4}$ cup sugar
	$\frac{1}{4}$ teaspoon salt

Scald milk and coffee together, mix sugar with eggs and stir into coffee mixture, add the salt. Let stand until cool, then freeze and let stand for an hour or two to ripen.

RECIPE 680. FRUIT ICE CREAM.

1 quart cream	sugar to taste
2 boxes berries, or	$\frac{1}{4}$ teaspoon salt
2 cups fruit pulp	

Mash fruit and add enough sugar to make it very sweet. Let stand for an hour. Strain off juice and set it aside. Add fruit pulp to one quart rich cream, one-quarter teaspoon salt. Mix these ingredients well, freeze to a mush, then pour in the fruit juice and freeze solid. Let it ripen for an hour or two. Remember that in freezing much of the sweetness disappears, so use plenty of sugar with the fruit. The amount of course will vary according to the acidity of the fruit.

RECIPE 681. BANANA ICE CREAM.

Make No. 2 Ice Cream, omitting the vanilla and using one tablespoon lemon juice instead. Pare four bananas, scrape them lightly to remove the astringent matter which lies around them. Mash and force them through a strainer and add them to the cream mixture. Freeze.

RECIPE 682. NUT ICE CREAM.

2 cups milk	3 tablespoons each of
$\frac{3}{4}$ cup sugar	English walnuts, al-
yolks 3 eggs	monds, filberts and
$\frac{1}{4}$ teaspoon salt	pecans, well chopped
1 pint rich cream	1 tablespoon vanilla
whites 3 eggs	1 teaspoon lemon

Put milk on to scald in a double boiler. Cream yolks and sugar together, add them with the salt to the scalding milk. When cool add cream beaten to a very stiff froth, then eggs beaten stiff, then nuts chopped fine, and last the flavoring. Freeze.

RECIPE 683. TUTTI FRUITTI ICE CREAM.

Make a No. 2 Ice Cream, add to it one-quarter cup each of chopped Maraschino cherries, raisins, currants, pineapple and English walnuts. Freeze and let ripen two hours.

RECIPE 684. ORANGE ICE CREAM.

1 cup sweet milk	1 pint sweet cream
2 cups orange juice	$\frac{3}{4}$ cup sugar (more if
$\frac{1}{4}$ teaspoon salt	needed)
	juice one lemon

Add sugar to lemon juice and orange juice. Slowly stir in the milk, then add the salt and cream. Freeze.

RECIPE 685. LEMON ICE CREAM.

Make a No. 2 Ice Cream using lemon extract instead of vanilla.

RECIPE 686. CARAMEL ICE CREAM.

Follow recipe for making No. 1 Ice Cream, reserving one-half of the sugar to make into a caramel. Put this one-quarter cup of sugar into a pan, set on a slow fire, stirring constantly until it is a dark brown. Then add one-quarter cup boiling water and let simmer until it is a dark brown syrup. Add this syrup to Ice Cream Mixture and freeze.

RECIPE 687. MACARON ICE CREAM.

Add one cup of macaroons to the No. 1 Ice Cream Mixture. Freeze.

RECIPE 688. BISCUIT GLACE.

1 ½ pints cream	6 ounces crisp maca-
12 ounces sugar	roons, pound in mor-
8 eggs (yolks)	tar to dust
1 tablespoon vanilla	

Mix cream, sugar, eggs and extract. Place on fire and stir composition until it begins to thicken. Strain and rub through hair sieve into basin. Put into freezer; when nearly frozen, mix in macaroon dust, another tablespoon extract vanilla, and finish freezing.

RECIPE 689. ICE CREAM OF EVAPORATED MILK.

Put two and one-half cans evaporated milk (10-cent size) into a bowl standing in a pan of ice. Use a Dover Egg Beater and whip it well, then pour whipped milk into ice cream freezer and freeze about half done. Have one tablespoon granulated gelatine soaked in one cup cold water. Boil two cups sugar and one cup water, dissolve softened gelatine in the boiling syrup, pour this all into the half frozen cream, add two tablespoons flavoring extract and freeze. Any fruit juice may be used instead of water.

Ices and Sherbets.

RECIPE 690. LEMON ICE.

2 cups sugar	¾ cup lemon juice
	4 cups water

Boil all the ingredients for ten minutes. Strain and let cool. Freeze.

RECIPE 691. ORANGE ICE.

2 cups sugar	juice 1 lemon
4 cups water	grated rind 2 oranges
2 cups orange juice	

Boil all ingredients together for ten minutes. Strain and freeze.

RECIPE 692. PINEAPPLE ICE.

1½ cups sugar	2 cups grated pineapple
4 cups water	juice of ½ lemon

Boil all together for ten minutes. Strain, let cool, then freeze. If desired, the fruit can be left in and not strained.

RECIPE 693. RASPBERRY ICE.

1 cup sugar	1 cup water
1 quart raspberries	juice ½ lemon

Cover raspberries, without mashing them, with the sugar. Let stand one and one-half hours. Mash the fruit, strain through a cloth, add enough water to taste well, then the lemon juice. Freeze.

RECIPE 694. STRAWBERRY ICE.

Make like Raspberry Ice, substituting strawberries for raspberries.

RECIPE 695. APRICOT ICE.

Mash the fruit to	¼ teaspoon salt
make 1 cup of pulp	4 cups water
1 cup sugar (more if desired)	

Let fruit stand one and one-half hours with the sugar. Add the salt and water. Freeze.

RECIPE 696. PEACH ICE.

Follow recipe for Apricot Ice, substituting peaches for apricots.

RECIPE 697. MINT ICE.

1 quart water	1 teaspoon green
2 cups sugar	fruit coloring
1 cup chopped mint	

Boil sugar and water for five minutes. Add chopped mint, boil five minutes. Strain, add green fruit coloring. Cool. Freeze.

canned peaches are used strain off the juice and add enough water to make four cups juice. Mash the peaches. Follow directions for making Orange Sherbet, substituting peaches for oranges.

RECIPE 705. GENERAL RECIPE FOR PARFAIT.

Boil together three-fourths cup water and one cup sugar until sirup will "spin a thread." Beat very stiff one pint heavy cream, also beat stiff the whites of three eggs. When sirup is done pour it over the beaten whites beating it in rapidly until cool, then add the stiffly beaten cream, one tablespoon of any flavor desired, then freeze. If fruit parfait is desired add one cup crushed fruit just before freezing.

RECIPE 706. MAPLE PARFAIT.

Make plain parfait recipe and add one-half cup maple sirup.

CARAMEL PARFAIT.

Add two tablespoons caramel sirup to plain parfait recipe.

RECIPE 707. PINEAPPLE PARFAIT.

Beat stiff yolks of six eggs and put into double boiler; add slowly to this a cup of sugar boiled in a cup of water for five minutes. When the whole thickens so it will coat the spoon, beat till cold; add a pint of cream beaten very stiff, two cups grated pineapple and the juice of a small lemon; pack in a mold; bury in ice and salt five hours.

RECIPE 708. MAPLEINE FRANGO.

3 eggs

1 cup maple syrup

Put the syrup in the top of double boiler, let simmer two minutes, then stir in eggs (well beaten). Cook until mixture thickens, stirring constantly. Cool. When cool, fold in one and one-half pints of whipped cream. Pack in ice and salt (one part salt to two parts ice) and let stand three hours before serving.

RECIPE 709. CUSTARD PARFAIT.

Make a custard:

1 pint milk

1 tablespoon cornstarch

½ cup sugar

¼ teaspoon salt

3 eggs

Separate the eggs; scald the milk; beat yolks till creamy, add the sugar to them, beat well. Stir eggs and

sugar into hot milk, add cornstarch and salt dissolved in a little cold water or milk; stir until custard thickens. One tablespoon flavoring. Beat one pint cream very stiff, also beat whites of eggs very stiff. Mix cream and whites of eggs, pour custard over them, beat well. Freeze. One square melted chocolate and two extra tablespoons sugar added to custard will make a chocolate parfait.

RECIPE 710. NESSELRODE PUDDING.

Custard part:	$\frac{1}{4}$ cup pineapple juice
1 $\frac{1}{2}$ cups sugar	1 pint cream
3 cups milk	1 $\frac{1}{2}$ cups chestnuts
$\frac{1}{2}$ teaspoon salt	yolks 5 eggs

Shell the chestnuts, cook them in boiling water until tender enough to mash. Make a custard of the milk, sugar, yolks, pineapple juice; add mashed chestnuts and one-fourth cup Sultana raisins and one-half cup finely cut candied fruits and a few chopped chestnut meats which have been soaked four or five hours in Maraschino; add two tablespoons chopped Maraschino cherries; mix well, pack in a mold, cover tightly and pack in finely crushed ice and salt (one part of salt to two parts ice). Let stand two or three hours to freeze. Serve with whipped cream.

RECIPE 711. GENERAL RECIPE FOR MOUSSE.

Whip one pint of heavy cream to a froth. Dissolve one envelope granulated gelatine in one-fourth cup warm water. When dissolved, stir gelatine rapidly into the whipped cream, add one-half cup powdered sugar; beat well, then add one-half cup of any crushed fruit. Fill this mixture into a mold and pack in crushed ice with salt (two parts ice and one part salt). Let stand three hours. Serve with whipped cream and decorate with a little of the fruit.

RECIPE 712. PINEAPPLE MOUSSE.

Use the grated canned pineapple. Soak one-half envelope gelatine in a cup of cold water. Beat four eggs—the yolks and whites separate—very light. Put soaked gelatine into a double boiler, add a cup of boiling water and when the gelatine is dissolved add two cups granulated sugar. As soon as this is melted stir in the juice of a lemon and take from the fire. Beat the grated and drained pineapple gradually into the egg yolks and add—also gradually—the gelatine. Set the bowl containing these ingredients into an outer vessel of crushed ice, and beat in by the great spoonful the egg whites. When well-

blended and the mixture begins to stiffen, add a pint of whipped cream and beat four or five minutes longer. Turn into a freezer and freeze. Serve in tall glasses with a Maraschino cherry on the top of each.

RECIPE 713. JELL-O MOUSSE.

Dissolve one package of Jell-O in one pint of boiling water and cool it quickly. Whip one cup of thick chilled cream very stiff and stir into it gradually one cup strained canned or fresh fruit juice, sweetened to taste. When Jell-O begins to stiffen, beat it into cream; pour it into a wet mold having a tight cover; lay buttered paper on top cover and immerse in one part salt and two parts ice for three hours. Serve in individual glasses.

RECIPE 714. MAPLE MOUSSE.

Cook in double boiler one cup of maple sirup and the yolks of four eggs. Cook twenty minutes. Add beaten white of one egg and remove at once from the fire. When cold, add one pint of whipped cream. Freeze quickly.

Fruit Beverages.

RECIPE 715. LEMONADE.

1 cup sugar	1 pint water
	½ cup lemon juice

Boil sugar, water and lemon juice ten minutes. This will make a sirup suitable for bottling, ready for use at any time. To this sirup add enough ice water to each glass to please the taste, as tastes differ greatly as to the amount of sugar desired.

RECIPE 716. ORANGEADE.

Make sirup as for Lemonade, substituting oranges for lemons. The juice of one lemon added to the orange juice is very pleasant. Add ice water to taste.

RECIPE 717. PINEAPPLE LEMONADE.

1 can grated pineapple	1 pint boiling water
or 1 fresh pineapple	juice of 3 lemons
grated	1 cup sugar

Put all on to boil for fifteen minutes. Strain and set away to cool. When ready to serve, add one quart ice water. If fresh pineapples are used, add one-half cup more sugar to sirup as it is cooking. A little crushed

mint added to the sirup for one or two minutes to the boiling sirup just before straining gives a delicious flavor. Serve with a sprig of fresh mint in each glass.

RECIPE 718. FRUIT CUP.

For each pint of water allow one cup sugar. Put on the fire and let sirup cook for ten minutes. For three pints of Fruit Cup allow:

1 pint boiling water	1 cup sugar
1 pint cold water	juice 3 lemons
1 pint Appollinaris water, or	juice 3 oranges
1 pint ginger ale	$\frac{1}{2}$ can grated pineapple
1 sliced orange	$\frac{1}{2}$ cup chopped mint
	Maraschino cherries

Put the sugar and pint of boiling water on to cook for ten minutes, then add lemon and orange juice, pineapple and mint. Let cook for five minutes, strain, and set away to cool. When ready to serve add the sliced quartered oranges, one pint ice water and one pint of ice cold Appollinaris water or ginger ale. Pour over crushed ice in the glass, add two or three Maraschino cherries, a sprig of mint, and serve icy cold.

RECIPE 719. CLARET CUP.

2 cups sugar	3 whole cloves
1 quart boiling water	$\frac{1}{4}$ cup lemon juice
1 small piece stick cinnamon	$1\frac{1}{2}$ cups orange juice
	1 pint claret

Boil sugar and water together for ten minutes. Add cinnamon, cloves, lemon and orange juice. Let cook for five minutes. Strain and set away to cool. When ready to serve add the claret, fill the glasses with a good portion of ice, pour liquid over the ice and serve. One-half cup of chopped mint added when the fruit juice is put in to boil gives a refreshing flavor to the cup. If mint is used then add a sprig of fresh mint to each glass when served.

RECIPE 720. CLARET PUNCH NO. 2.

1 pint water	$\frac{1}{2}$ cup orange juice
1 cup sugar	2 tablespoons brandy
$\frac{1}{2}$ cup chopped mint leaves	$\frac{1}{2}$ cup Orange Curacoa
sliced rinds of 2 cucumbers	1 quart claret
	1 quart Appollinaris water

Boil sugar, water and orange juice for ten minutes. Add chopped mint; cook five minutes. Strain and put into a bowl with cucumber rinds, brandy and curacoa.

Let stand for two hours. When ready to serve, put a large lump of ice into the punch bowl, remove the cucumber rinds, pour the punch mixture over the ice, add the claret and Appollinaris water, let stand five minutes. Serve very cold.

RECIPE 721. SHERRY COBBLER.

1 pint boiling water	1 pint sherry wine
1 cup sugar	$\frac{1}{2}$ cup grated pineapple
3 lemons (juice)	1 pint Appollinaris
1 cup orange (juice)	water
	Maraschino cherries

Boil sugar and water for ten minutes. Add fruit juices and pineapple. Cook together five minutes. Strain and set away to cool. When ready to serve add sherry and Appollinaris water, pour over ice in each glass, place a sprig of mint and two or three Maraschino cherries in each glass. Serve very cold.

RECIPE 722. NEW YORK PUNCH.

2 cups sugar	1 cup rum
1 cup boiling water	$\frac{1}{4}$ cup brandy
$\frac{1}{2}$ can grated pineapple	$\frac{1}{2}$ cup Benedictine
$\frac{1}{4}$ cup lemon juice	1 quart Appollinaris
$\frac{1}{2}$ cup orange juice	water
1 cup tea	3 oranges sliced thin
1 quart Burgundy	and quartered
	Ice water if desired

Boil sugar, water, lemon and orange juice for ten minutes. Strain and set away to cool. When ready to serve put a large piece of ice in punch bowl, pour in the fruit, syrup and all the other ingredients and let get cold. If too strong, ice water may be added to taste.

RECIPE 723. CHAMPAGNE PUNCH.

2 cups sugar	3 tablespoons rum
1 cup boiling water	2 tablespoons orange
$\frac{1}{4}$ cup lemon juice	curacao
$\frac{1}{3}$ cup brandy	1 quart champagne
2 cups tea	1 quart Appollinaris
	water

Boil sugar, water and lemon juice for ten minutes. Set away to cool. Put a large lump of ice into the punch bowl, add fruit sirup and all the ingredients except the champagne and Appollinaris. Let stand for ten minutes, then add champagne and Appollinaris. The latter must be ice cold when added to the punch.

RECIPE 724. CURRANT SHRUB.

Crush ripe red currants, strain through a cloth and for each pint of juice allow one cupful granulated sugar. Stir this in thoroughly. Fill the glass half full of the sirup, then fill glass up with crushed ice so that the proportion will be as much ice as currant sirup. A few grains of nutmeg should be grated into each glass.

RECIPE 725. RASPBERRY SHRUB.

Fill a deep stone jar with fresh ripe black raspberries. Cover them with vinegar, just enough so that the vinegar will barely show through berries. If vinegar is too strong it can be diluted with water. Let berries stand in this vinegar thirty-six hours, then mash and strain through a cloth. For every pint of raspberry vinegar allow a pound of granulated sugar. Let it cook for ten minutes at a slow boiling point. Then bottle and seal it for future use. This makes a delightful addition to many pudding sauces and fruit beverages. When used by itself, a refreshing drink. Put two tablespoons into a glass and fill it up with ice water and crushed ice.

RECIPE 726. EGGNOGG.

For each glass of milk or cream allow:

1 egg	1 pinch nutmeg
1 pinch salt	1 tablespoon sugar
	2 tablespoons whiskey

Beat yolk until creamy, add sugar, salt and nutmeg, beat well. Have white of egg beaten to a very stiff froth, stir it into the yolks, add milk or cream, and last the whiskey. Beat all together for a moment. Serve very cold.

RECIPE 727. SUMMER EGGNOGG.

For each glass of eggnogg take one egg, separate it, beat the yolk until creamy, add a little sugar, a pinch of salt, a dash of nutmeg, two or three tablespoons of either cold coffee, orange or lemon juice, pineapple syrup or any desired fruit juice. Beat the white of egg to a stiff froth. To yolk and juices add two-thirds of a glass of milk, stir in the beaten white of egg. Pour into a tall thin glass and serve cold.

RECIPE 728. FRUIT CUP FOR FIFTY PEOPLE.

2 cups sugar	1 cup tea
1 cup boiling water	1 can grated pineapple
2 cups raspberry or strawberry syrup	1 cup Maraschino cherries
½ cup lemon juice	1 quart Appollinaris water, or
1 cup orange juice	
	1 quart ginger ale

Boil sugar and one cup water five minutes. Add lemon and orange juice, pineapple and strawberry or raspberry juice. Boil five minutes, strain, and set away to cool. If fresh mint is in season, add one cup chopped mint to the boiling sirup when fruit juices are added. When ready to serve place a large piece of ice in punch bowl, pour fruit syrup into it and Appolinaris water or ginger ale. Cut Maraschino cherries in half. Some of the sirup from the bottle of cherries can be added if desired. A few ripe raspberries or strawberries, a few slices of orange or pineapple can be cut into small pieces and added just before serving if desired.

RECIPE 729. CANTON GINGER PUNCH.

½ pound Canton ginger	1 cup orange juice
1 cup sugar	½ cup lemon juice
1 quart boiling water	

Cut ginger into small pieces, add to sugar and water and boil for twenty minutes. Add fruit juices, boil five minutes, strain, set away to cool. Ice water can be added to dilute if desired, or one pint Appolinaris may be added when ready to serve. Pour over ice.

CHAPTER XVI

Cakes.

A FEW SIMPLE RULES FOR CAKE MAKING AND BAKING.

Before you begin to mix your cake see that all ingredients are before you. Measure and sift flour with the baking powder, separate eggs (when the recipe calls for them to be beaten separately), measure sugar, etc. In this way you are less liable to make mistakes in quantities, besides when the mixing is once begun you can then proceed rapidly.

Eggs for a sponge cake must be beaten until light lemon in color. The whites to stiffest froth possible. In angel cake and in sponge cakes it is necessary to sift both the sugar and also flour several times. Angel cake is frequently spoiled in mixing, but more often in putting it into too hot an oven. It wants a cool oven to start with.

RULES FOR MIXING.

For a fine-grained cake, beat butter to a cream, add sugar and beat well. A tablespoon or two of the measured milk can be added to the process of beating butter and sugar together and will make the task much easier. Add rest of milk and flour alternately. To make a fine-grained cake beat well before adding the stiffly beaten whites of eggs. Do not beat after whites are in. Fold in whites the last thing, very lightly and gently, or you will break down air cells from whites.

Where no milk or butter is used in the cake it is customary to add sifted ingredients gently to the beaten whites.

Have your ingredients of a good quality, follow rules for mixing and baking and there will be no difficulty in making good cakes.

More cakes are spoiled in baking than in making. Many times cake dough will be perfectly mixed, but the cake comes out of oven a failure, or a near failure, because oven was too hot. In all cakes without butter do not light gas oven fire until you are almost ready to put dough into oven. When a coal or wood fire is used see that you have a very slow fire. This gives cake time to rise to its full height before sugar forms a stiff crust.

For cakes in which butter is used you may light gas stove about five minutes before you have dough ready for oven.

If greased pans are to be used, or pans are to be lined with paper, have this done before mixing cake. Do not use butter in greasing pans, the salt makes cake stick to pans. Shake flour onto greased pans, then shake out all the flour that will come off. This will give smooth finish to bottom of cake for icing.

If cake browns too rapidly, open oven door slightly. Do not move the cake until it has risen to its full height. After that it can be moved if necessary and turned so that it will brown evenly on all sides.

Cake can be gently tried with a broom straw or wooden toothpick, to see if dough in center has baked. If the straw comes out clean, it is done, if there is any dough sticking to it, bake cake a few minutes longer.

Baking powder and spices are added with the flour.

Raisins and currants should have a tablespoonful of flour added to them to keep them from sinking to the bottom of the cake. Put raisins through a coarse cutter of your meat grinder.

Layer Cakes.

RECIPE 730. VELVET WHITE CAKE.

$\frac{1}{2}$ cup butter	3 teaspoons baking
1 cup finely granulated sugar	powder (level) whites 5 eggs
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ teaspoon cream of tartar
2 cups flour (sifted)	1 teaspoon vanilla

Cream butter, slowly add sugar, beating it in thoroughly. Put the sifted flour into the sifter and shake a little of it into butter and sugar, then add a little milk, alternating flour and milk until all is in. Have baking powder in the last of the flour. Beat whites until half done, add the cream of tartar to them and finish beating them to a very stiff froth, add the vanilla and last fold in whites. Bake in a cool oven first five minutes, then increase the heat a little. Do not have a very hot oven at any time. Makes fine loaf cake.

RECIPE 731. NORTHWEST WHITE CAKE.

$\frac{1}{2}$ cup butter	3 cups flour
2 cups confectioner's sugar	4 level teaspoons bak- ing powder
1 cup milk	whites 4 eggs
	vanilla

For mixing follow directions for mixing Velvet White Cake. Makes three big layers. Recipe can easily be divided which will make enough for a small family. Can also be baked as a loaf cake in a stem pan.

RECIPE 732. ICE CREAM CAKE.

$\frac{1}{2}$ cup butter	$2\frac{1}{2}$ cups sifted flour
$1\frac{1}{2}$ cups sugar	3 teaspoons baking powder
$\frac{1}{2}$ cup milk	whites 6 eggs
1 teaspoon vanilla	$\frac{1}{4}$ teaspoonful cream of tartar

Follow directions for mixing Velvet White Cake. Makes three layers medium size. Can also be baked in a stem pan as a loaf cake. Fine for a bride's cake.

BRIDE'S CAKE.

(See Ice Cream Cake.)

RECIPE 733. RIBBON CAKE.

Make recipe 731. Divide dough into three parts. Leave one part plain white. Into one part add one-quarter teaspoon Rose Colored Fruit Coloring. Into third portion of dough add a green or yellow fruit coloring. Bake in separate pans for layer cake. When ready to put together have white layer the center one. Nice with Plain Boiled Frosting (recipe 790).

RECIPE 734. LAYER SPICE CAKE.

Make recipe 731. Reserve one-third of the dough to be white. Into the other two-thirds of dough stir in one teaspoonful ground cinnamon, one-half teaspoon cloves, one-quarter each of nutmeg and allspice. Mix them with 2 teaspoons of flour before adding them to the dough. This will make two layers of spice cake and one layer of white cake. When putting together have the white layer in the center. Nice with Plain Boiled Frosting or Uncooked Frosting (791).

RECIPE 735. CHOCOLATE AND WHITE LAYER CAKE.

Make any White Cake recipe. Melt one square of Bakers' chocolate in a double boiler. Reserve one-third of dough to be white and into other two-thirds add melted chocolate. Bake in three layers having white layer for the center when you put the cake together.

RECIPE 736. YELLOW AND WHITE LAYER CAKE.

Make a White Layer Cake dough. Reserve one-third to be white. Into rest of the dough, stir yolks of two or three well beaten eggs. Bake in separate layers and put white layer in the center. Nice with Chocolate Frosting.

RECIPE 737. FEATHER WHITE CAKE.

1 cup sugar	$\frac{1}{4}$ teaspoon salt
4 level tablespoons butter	$\frac{1}{2}$ cup milk
1 $\frac{3}{4}$ cups sifted flour	$\frac{1}{2}$ teaspoon baking powder
4 eggs (whites)	1 teaspoon vanilla

Cream butter and sugar. Add to it about one-third each of flour, milk and stiffly beaten eggs. Stir well before adding next one-third, then beat again and add the last third eggs, flour and milk. Add flavoring, stir briskly, then bake forty minutes in stem pan. Can be baked in layers.

RECIPE 738. ONE EGG CAKE.

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ cups flour
1 egg	$2\frac{1}{2}$ teaspoons baking powder
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon vanilla

(See Rules for Mixing.)

RECIPE 739. GOOD QUICK CAKE.

$\frac{1}{3}$ cup soft butter	3 teaspoons baking powder
1 cup sugar	$\frac{1}{2}$ teaspoon cinnamon
2 eggs	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ pound chopped dates
$1\frac{1}{3}$ cups flour	

Put all ingredients together at once before beating. Then beat hard for three minutes. Bake as a loaf cake or in stem pan. If as a loaf cake, allow 40 minutes in moderate oven.

RECIPE 740. WALNUT CAKE.

$\frac{1}{2}$ cup butter	$2\frac{1}{2}$ teaspoons baking powder
1 cup sugar	2 eggs (whites)
3 eggs (yolks)	$\frac{3}{4}$ cup ground walnuts
$\frac{1}{2}$ cup milk	2 teaspoons ground spice if desired
$1\frac{3}{4}$ cups flour	

Cream butter and sugar, add beaten yolks of eggs, then milk, then flour and baking powder, the nuts and last stiffly beaten whites of two eggs. Reserve the third white of egg for frosting. Bake in a moderate oven about 45 minutes. Try with a toothpick very gently to see if it is done before removing it from the oven. Can be baked as layers, in a stem pan or as a loaf cake.

RECIPE 741. MOLASSES CAKE.

1 cup sugar	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup butter	2 teaspoons baking powder
2 eggs	2 cups flour
$\frac{1}{2}$ teaspoon salt	1 teaspoon vanilla

Cream sugar and butter, add well beaten eggs, and milk. Sift flour with salt and baking powder and add to above mixture. Divide dough into two parts, and to one part add

2 tablespoons molasses	1 teaspoon cinnamon
1 cup raisins	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{2}$ teaspoon cloves	

Bake dark part 20 minutes. Take out of oven, spread white part on top, return to oven and bake until done.

RECIPE 742. POTATO CAKE.

1 cup butter	1 teaspoon cinnamon
2 cups granulated sugar	$\frac{1}{2}$ teaspoon allspice
4 eggs	$\frac{1}{2}$ teaspoon cloves
$\frac{3}{4}$ cup grated chocolate	1 cup chopped walnuts
1 cup cold mashed potatoes	1 cup currants or raisins
2 cups flour	2 $\frac{1}{2}$ teaspoons baking powder
	1 teaspoon vanilla
	1 cup milk

Cream butter and sugar, add grated chocolate, potatoes and milk. Beat yolks till creamy, add them. Sift baking powder and spices with flour. Put a little of the flour with fruit and nuts, add them to cake mixture, then balance of flour and last fold in stiffly beaten whites of eggs and vanilla. Dates can be used instead of currants or raisins. The fruit can be omitted entirely if desired. If baked as a loaf cake, give it an hour in a moderate oven. It makes delicious layer cake. Keeps moist several days.

RECIPE 743. DEVILS FOOD.

2 cups brown sugar	3 eggs
6 tablespoons butter	1 teaspoon soda
$\frac{1}{2}$ cup hot water	1 teaspoon salt
$\frac{1}{2}$ cup cocoa	3 cups sifted flour
$\frac{1}{2}$ cup sour milk	1 teaspoon vanilla

Cream the butter, add sugar gradually, then eggs one at a time, beating thoroughly. Dissolve cocoa in the hot water, add the flour to which salt and soda have been added, and lastly the milk. Bake 45 minutes in a moderate oven.

RECIPE 744. DEVILS FOOD.

$\frac{1}{2}$ cup butter	4 level teaspoons
2 cups sugar	baking powder
1 cup milk	2 squares Baker's
4 eggs (yolks)	chocolate
2 $\frac{1}{8}$ cups flour	$\frac{1}{2}$ teaspoon vanilla
4 whites eggs	$\frac{1}{4}$ teaspoon salt

Put chocolate on in a double boiler to melt while you make dough as follows:

Cream butter, add slowly, beating well the sugar. Beat yolks creamy and add them to sugar. Beat well.

Add flour and milk alternately until all in. Have baking powder in last flour that goes in. Now stir in the melted chocolate and vanilla. Last fold in stiffly beaten whites of eggs. Bake in a stem pan in a slow oven 45 minutes. Can also be baked as a layer cake. The Plain Boiled Frosting with marshmallow filling is delicious on this cake. Ice the cake, then put a layer of marshmallows on the icing, cover marshmallows with icing, then put the top cake in place and ice it. Marshmallows can also be placed on top of the cake as a decoration.

RECIPE 745. BLACK CHOCOLATE CAKE.

1 $\frac{1}{4}$ cups granulated sugar	3 teaspoons baking powder
$\frac{1}{4}$ cup butter	1 teaspoon salt
2 eggs	$\frac{1}{2}$ cup milk
4 squares Baker's chocolate	1 teaspoon vanilla
1 $\frac{1}{2}$ cups flour (measured after sifting)	

Cream butter and sugar, add well beaten eggs, then chocolate melted, beat thoroughly. Sift salt and baking powder with flour and add alternately with milk to previous mixture. Add flavoring last and beat thoroughly before pouring into a pan well greased. Bake in a moderate oven about 40 minutes.

RECIPE 746. WALNUT CHOCOLATE CAKE.

$\frac{1}{2}$ cup butter	2 $\frac{1}{2}$ teaspoons baking powder
1 cup sugar	$\frac{1}{8}$ teaspoon salt
2 eggs (yolks)	$\frac{2}{3}$ cup sweet milk
1 $\frac{1}{2}$ cups flour	$\frac{1}{3}$ cup grated chocolate
1 teaspoon flavoring extract	2 tablespoons hot water
1 cup ground walnuts	

Cream butter and sugar, beat well. Cream the yolks and add them, then sift flour, salt and baking powder together and add alternately with the milk. Melt chocolate in the hot water, beat in thoroughly and last add flavoring and walnuts. Bake in layers or loaf. Use whites for frosting (recipe). Decorate with walnut halves.

RECIPE 747. BEACON STONE FRONT CAKE.

5 teaspoons butter	2 cups flour
1 cup sugar	2 teaspoons baking powder
$\frac{1}{2}$ cup milk	1 teaspoon flavoring
2 tablespoons cocoa	
1 egg (yolk beaten)	

Boil milk and cocoa till thick. Let cool. Add egg yolk. Cream butter and sugar, add cocoa mixture, sift in flour and baking powder, beat well. Add flavoring. Bake in two layers. Use white of egg for frosting (recipe 790).

RECIPE 748. JELLY ROLL CAKE NO. 1.

3 eggs	2 teaspoons baking powder
1½ cups sugar	
1½ cups flour	½ cup boiling water

Beat whites and yolks of eggs separately and then beat them together. Add sugar and beat again. Sift together one and a half cups of flour and two teaspoons of baking powder, add this to the eggs and sugar and, last of all, add half a cup of boiling water. Beat the batter vigorously, flavor with a few drops of lemon juice and bake in a large dripping-pan or two smaller ones. Use a moderately hot oven. When baked, turn out on a hard surface that has been dusted with powdered sugar, trim off the edges, spread while hot with any preferred jelly and roll. (See recipe 749 for instructions for rolling jelly cakes.)

RECIPE 749. ROLL JELLY CAKE NO. 2.

6 eggs	1 cup unsifted flour
1 cup powdered sugar	1 extra teaspoon flour
¼ teaspoon salt	½ teaspoon vanilla

Separate eggs, beat yolks until foamy and lemon colored. Add sugar, then flour and salt. Beat whites of eggs until very stiff, fold them in, add vanilla. Bake in a thin sheet, on a well greased paper, in a thin pan. Jelly roll pans are the best, but any thin baking pan will do. When cake is baked remove at once from pan, remove the paper, turning cake upside down on a clean cloth. Spread quickly with jelly, roll up quickly and wrap a towel or paraffine paper around it until cool. It is best to cut a thin edge from around the edge and sides before beginning to roll it up; it is less liable to split.

RECIPE 750. WASHINGTON PIE.

½ cup butter	2½ teaspoons baking powder
1 cup sugar	
2 eggs	1¾ cups flour
	½ cup milk

Follow rules for mixing, Page 188. Bake in a round layer pan, about 30 minutes. Make two layers, spread between with sweetened whipped cream (beaten very stiffly and flavored) or any jelly or jam can be used for

the filling. The Cream Filling (Recipe 810) is nice also. Sprinkle top layer with powdered sugar.

RECIPE 751. SUNSHINE CAKE.

5 eggs	$\frac{1}{4}$ teaspoon cream of tartar
1 cup sugar	
1 cup flour	$\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla	

Sift flour and salt together five times. Beat yolks of eggs until lemon colored, add sugar to yolks and beat well. Beat whites until half done, then add cream of tartar and beat until stiff. Add yolks and sugar to the beaten whites, and last gently fold in the flour and vanilla. Bake as a solid cake, or in a stem pan or as layer cake. Have oven very moderate in heat. A Butter Icing (see Index) is best on this cake but any icing can be used. This recipe is fine for a Roll Jelly Cake.

RECIPE 752. LITTLE FANCY SPONGE CAKES.

Bake the recipe for No. 2 Roll Jelly Cake in a thin layer. When cool, cut out in fancy cakes with any shaped cutter desired. A one-pound baking powder can makes a good cutter. Put two or three layers together with a filling. You can use the Butter Icing, a Chocolate Icing or a Cream Filling. Frost top layer and sides. Small pieces of candied cherries or citron can be used to decorate the frosting if desired.

RECIPE 753. MRS. T'S FAIRY CAKE.

4 eggs	1 cup potato flour
1 cup sugar	1 teaspoon baking powder

Separate the eggs, beat yolks very light and creamy. Beat whites very stiff. Stir potato flour and baking powder together well. To beaten yolks add half the sugar, to stiffly beaten whites add half the sugar, then add beaten yolks to whites and fold in flour and baking powder. Flavor to taste. Bake 45 minutes in stem pan, or can be baked in layers.

RECIPE 754. DELICIOUS SPONGE CAKE.

4 eggs	$2\frac{1}{2}$ cups flour
2 cups sugar (granulated)	6 level teaspoons baking powder
1 cup boiling water	$\frac{1}{4}$ teaspoon salt

Sift flour, salt and baking powder together four times. Sift sugar four times. Beat whites of eggs to stiffest froth possible. Beat yolks until they are lemon

colored and nice and foamy. Add sugar to yolks of eggs. Beat well. Add yolks and sugar to beaten whites, folding in very gently. Add freshly boiled water a little at a time until all is in. Sift in the flour and baking powder, fold very gently, using as few strokes as possible. Have a rather deep roasting pan ready, the bottom of which is covered with a piece of greased paper. Do not grease the sides of the pan, only the bottom. Put into an almost cold oven, bake 45 minutes. It will rise to about two inches in height. Can be baked in a stem pan also. When ready to remove from pan loosen gently from all sides of pan with a knife.

RECIPE 755. LAYER SPONGE CAKE WITH JELLY.

Follow directions for making Sponge Cake (see Index). Put a very thin layer in each pan, bake in cool oven. When done let cool and spread each layer with sour jelly.

RECIPE 756. WHITE SPONGE CAKE.

whites 5 eggs	1 even teaspoon baking powder
1 cup sugar	flavor to taste
1 cup flour	

Sift flour and baking powder together five times. Sift sugar five times. Beat the whites of eggs to a very stiff froth. Fold in the sifted sugar and then the sifted flour with the baking powder. Last the flavoring. Handle as lightly as possible. Bake in an ungreased pan beginning the baking with a very cool oven. Bake about 25 minutes.

RECIPE 757. CARAMEL OR BURNT SUGAR CAKE.

$\frac{1}{2}$ cup butter	1 cup cold water
1 $\frac{1}{2}$ cups sugar	2 $\frac{1}{2}$ cups sifted flour
2 eggs	2 teaspoons baking powder
3 tablespoons burnt sugar	1 teaspoon vanilla

To mix: Cream butter, add gradually sugar and beaten yolks of eggs. Alternately add cold water and two cups of flour. Beat for five minutes, then add three tablespoons burnt sugar, then vanilla and other one-half cup of flour in which you have sifted the baking powder. Last, fold in stiffly beaten whites of eggs. Bake in layers.

Burnt Sugar.

Take one cup white sugar, put into a small pan and scorch the sugar until it is quite black. After scorch-

ing and while hot, add one cupful boiling water and stir rapidly. Let it boil for a few minutes until like molasses. Let cool. This will be enough for two cakes and the syrup will keep any length of time.

Caramel Filling for Cake.

Boil one cup sugar and one-third cup water until it forms a hair when poured from spoon. Beat white of one egg until very stiff. Put the beaten egg on a platter and slowly pour hot syrup over the egg, stirring all the time. Beat until nearly cool, then add two teaspoons of burnt sugar syrup and one teaspoon of vanilla. Spread between cake layers and on top of cake. This recipe makes a large three-layer cake.

RECIPE 758. GOLDEN CREAM CAKE.

1 cup sugar	1½ cups flour
¼ cup butter	2 teaspoons baking powder
½ cup milk	
	whites 3 eggs

Cream butter, add sugar, then alternately milk and flour. Add baking powder to flour. Fold in stiffly beaten whites of eggs. Bake in layers.

RECIPE 759. GOLDEN CREAM FILLING.

1 cup sugar	2 tablespoons rich sweet cream
yolk 2 eggs	
	1 teaspoon vanilla

Beat yolks until very light, add sugar and beat to a cream, then add sweet cream and flavoring. Spread on cake when it is cold.

RECIPE 759A. HIGH ALTITUDE CAKES.

(Colorado, Wyoming, Etc.)

The usual recipes cannot be used in these high altitudes. Both sugar and butter have to be used in lesser quantities. HIGH ALTITUDES DO NOT AFFECT CAKES WITHOUT BUTTER. THE SAME RECIPES CAN BE USED. Almost any recipe using butter can be used if usual amount of both sugar and butter is reduced one-fourth. For instance, a cake calling for two cups sugar should be reduced in Colorado to one and one-half cups sugar. The following recipe is an example:

RECIPE 759B. POTATO CAKE.

Low Altitudes:	High Altitudes:
2 cups granulated sugar	1 1/2 cups sugar
1 cup butter	3/4 cup butter
4 eggs (whites beaten)	4 eggs (whites beaten)
3/4 cup grated chocolate	3/4 cup chocolate grated
1 cup cold mashed potatoes	1 cup cold mashed potatoes
2 cups flour	2 cups flour
1 cup milk	1 cup milk
1 teaspoon cinnamon	1 teaspoon cinnamon
1/2 teaspoon allspice	1 teaspoon allspice
1/2 teaspoon cloves	1 teaspoon cloves
1 cup chopped walnuts	1 cup chopped walnuts
1 cup currants or raisins	1 cup currants or raisins
2 1/2 teaspoons baking powder	2 1/2 teaspoons baking powder
1 teaspoon vanilla	1 teaspoon vanilla

Cream butter and sugar, add grated chocolate, potatoes and milk. Put a little of the flour with fruit and nuts, add them to cake mixture, then balance of flour with spices in it. Add vanilla and last fold in stiffly beaten whites of eggs. A cup of dates can be used instead of raisins or currants. The fruit can be omitted entirely if desired. If baked in a square loaf cake, let bake an hour in a moderate oven. It makes a delicious layer cake also, or can be baked in a stem pan if desired. This cake is especially good for high altitudes as it keeps moist for several days.

RECIPE 760. HIGH ALTITUDE YELLOW LAYER CAKE.

Follow recipe for 767, adding two yolks which have been well beaten.

RECIPE 761. HIGH ALTITUDE SPICE CAKE.

Follow recipe 765 or 767. Add to either recipe some ground spices, allowing about two teaspoons. Spice is best added to flour and sifted with flour and baking powder.

RECIPE 762. HIGH ALTITUDE CHOCOLATE CAKE.

Follow recipe 767, adding two squares of melted chocolate, just before whites of eggs are added.

RECIPE 763. HIGH ALTITUDE DEVIL'S FOOD CAKE.**Dark Part.**

$\frac{1}{4}$ cup sugar	2 squares bitter chocolate
$\frac{1}{4}$ cup sweet milk	late
	1 egg yolk

Melt chocolate, add sugar, egg and milk, stir in double boiler until it thickens, take off from fire and let cool while making.

Light Part.

$\frac{1}{2}$ cup butter	1 heaping teaspoon
1 cup sugar	baking powder
$\frac{3}{4}$ cup sweet milk	1 teaspoon vanilla
3 eggs	$\frac{1}{4}$ teaspoon soda
	2 cups flour

Cream butter and sugar, add soda to sweet milk, sift flour, salt and baking powder together; beat yolks creamy. Add yolks to sugar and butter, then milk and flour alternately. Beat whites until stiff and add with vanilla to cake mixture. Now stir Dark Part of cake into this Light Part, bake in layers or as a solid cake in a stem pan. See Recipes 790-791 for Icing.

RECIPE 764. HIGH ALTITUDE WALNUT CAKE.

$\frac{3}{4}$ cup sugar	$\frac{3}{4}$ cup chopped nuts
$\frac{1}{2}$ cup butter	2 cups flour
$\frac{3}{4}$ cup milk	2 teaspoons baking powder
$\frac{1}{2}$ teaspoon soda in the milk	2 extra teaspoons flour
1 teaspoon vanilla	whites 3 eggs

Cream butter and sugar, add milk, nuts, flour (with baking powder sifted with it). Fold in stiffly beaten whites eggs. Layers or loaf cake.

RECIPE 765. HIGH ALTITUDE ROCKY MOUNTAIN WHITE CAKE.

$\frac{3}{4}$ cup butter	$3\frac{1}{2}$ cups flour
$1\frac{3}{4}$ cups powdered sugar	5 level teaspoons
1 cup sweet milk	baking powder
$\frac{1}{2}$ teaspoon soda	7 eggs (whites)
	1 teaspoon vanilla

Cream butter, gradually add sugar, put soda into sweet milk, add them to butter and sugar. Sift baking powder into the flour, add flour and milk alternately. Beat well. Fold in the very stiffly beaten whites of eggs, and last the vanilla. This recipe makes four good sized layers. Can be made one-half this recipe. Put layers together with Recipes 790, 791 or 795.

RECIPE 766. HIGH ALTITUDE NUT AND RAISIN CAKE.

½ cup butter	2 level teaspoons bak-
1 cup sugar	ing powder
½ cup chopped, seeded	¼ teaspoon salt
raisins	1 teaspoon vanilla
½ cup milk (sweet)	2 squares bitter choco-
¼ teaspoon soda (in	late
milk)	½ cup chopped English
2 eggs	walnuts
1 ¾ cups flour	

Put chocolate into a double boiler to melt. Cream butter and sugar, add a little flour to the chopped raisins and add them to butter and sugar, add beaten yolks of eggs, then milk and soda, alternately with flour, baking powder and salt. Stir ground nuts into the melted chocolate and add to cake mixture. Last, fold in stiffly beaten whites of eggs and vanilla. Can be baked as a solid cake (45 minutes), or as a layer cake. Plain Boiled Icing is nice. (See Recipe 790.)

RECIPE 767. HIGH ALTITUDE PLAIN WHITE LAYER CAKE.

½ cup butter	1 heaping teaspoon
1 cup sugar	baking powder
1 cup sweet milk	1 teaspoon vanilla
½ teaspoon soda	¼ teaspoon salt
2 cups flour	2 eggs (whites)

Cream butter, add sugar, put soda into sweet milk, sift flour, salt and baking powder together, add milk and flour alternately. Put in vanilla and last fold in the stiffly beaten whites of eggs. If a yellow cake is desired, beat yolk until creamy and add to butter and sugar. Bake in layers or a stem pan.

Loaf Cakes.

RECIPE 768. GOLDEN POUND CAKE.

2 cups butter	4 cups flour
2 cups granulated sugar	10 eggs
	2 tablespoons brandy

Cream butter, add sugar a little at a time, beating it in well. Beat yolks of eggs with Dover egg beater until they are a thick, creamy mass. Add yolks to butter and sugar. Beat whites of eggs until very stiff, add

them to cake mixture, then brandy and last unsifted flour. Beat hard for five minutes. Line bottom of pan with greased paper, grease pan well. Bake in slow oven one and one-fourth hours. If necessary, cover cake the last fifteen minutes with a buttered paper, if it seems to be getting a little too brown. This recipe is fine for small, fancy cut cakes. If used in this way bake the mixture in shallow pan having dough about one inch deep, and baking only about thirty minutes. When cake is baked and cold, cut into rounds, squares, triangles and cover with frosting.

RECIPE 769. PLAIN POUND CAKE.

1 scant cup butter	1 teaspoon baking
1½ cups powdered	powder
sugar	5 eggs
1½ cups flour	

Follow 768 for directions to mix and bake.

RECIPE 770. CITRON CAKE.

½ cup butter	1 tablespoon brandy
1 cup sugar	1½ teaspoons baking
3 eggs	powder
½ cup milk	1 cup very thinly
2 cups flour	sliced citron

Cream butter and sugar, adding a little of the milk to aid creaming process. Beat yolks of eggs to a cream, add to cake, then milk, flour sifted with baking powder and then stiffly beaten whites of eggs. Last, put in brandy and citron. Citron should be very thin and in pieces from an inch to one and one-half inches long. Use stem pan, paper the bottom, grease sides and bottom. Bake in moderate oven about an hour.

RECIPE 771. CURRANT CAKE.

Use same recipe as Citron Cake, substituting currants for citron. Take out one tablespoon of the flour and add to currants before putting them into cake.

RECIPE 772. FIG CAKE.

Follow recipe for Citron Cake, using figs instead of citron. Cut figs into very thin, little slices.

RECIPE 773. RAISIN CAKE.

Use same recipe as for Citron Cake, substituting raisins for citron. Take out one tablespoon of the flour and add to raisins (which should be torn apart with the fingers or put through meat grinder) before putting them into cake.

RECIPE 774. CHOCOLATE TRIANGLES.

4 eggs	8 tablespoons almonds
$\frac{1}{2}$ cup sugar	cut coarse
1 teaspoon cinnamon	4 tablespoons citron
$\frac{1}{4}$ teaspoon each cloves	cut fine
and mace	2 tablespoons brandy
$\frac{1}{4}$ teaspoon salt	$\frac{3}{4}$ cup dry bread crumbs
1 teaspoon vanilla	1 even teaspoon baking
2 tablespoons grated	powder
sweet chocolate	

Beat yolks and sugar until light and creamy. Add, as follows: Spice, chocolate, almonds (do not blanch them), citron, brandy and vanilla. Mix baking powder with bread crumbs and add to cake. Last, fold in stiffly beaten whites of eggs. Line a rather deep roasting pan with ungreased paper. Pour dough into depth of one-half inch. Bake in moderate oven twenty minutes. When done spread with an icing made as follows:

RECIPE 775. ICING FOR CHOCOLATE TRIANGLES.

Boil one-half cup milk and one-half cup granulated sugar until it threads from spoon. While this is cooking melt one and one-half squares of bitter chocolate in double boiler. Flavor with one teaspoon vanilla. When syrup threads stir it into the melted chocolate. Beat until it begins to feel creamy, then spread it quickly over the cake. If it seems a little too stiff a few drops of boiling milk or water will throw it back thinner again. While the icing is still warm cut the cake into squares of two inches. Cut each square across diagonally, thus making a triangle of it.

RECIPE 776. ENGLISH WALNUT SQUARES.

4 eggs	1 cup walnut meats
$\frac{3}{4}$ cup granulated sugar	cut fine
8 tablespoons almonds	$\frac{3}{4}$ cup dry bread crumbs
cut coarse	1 even teaspoon baking
4 tablespoons citron	powder
cut fine	1 teaspoon vanilla
1 cup currants	$\frac{1}{4}$ teaspoon salt

Follow Recipe 774 for mixing and baking.

RECIPE 777. ICING FOR WALNUT SQUARES.

1 $\frac{1}{2}$ cups granulated	1 rounding teaspoon
sugar	butter
$\frac{1}{2}$ cup milk	

Boil four minutes, take from fire, add one-half teaspoon vanilla. Beat until it begins to feel creamy.

If it grains, add a few drops of hot milk, just a drop or two at a time. Spread on cake while it is still warm, then cut into two-inch squares and on each square place one-half an English walnut.

RECIPE 778. ANGEL FOOD NO. 1.

whites 6 eggs	$\frac{1}{2}$ teaspoon cream of tartar
$\frac{3}{4}$ cup sugar (granulated)	1 teaspoon vanilla
$\frac{1}{2}$ cup flour	

Sift flour by itself six times. Sift sugar six times. Beat whites of eggs until they are half done, then add cream of tartar and beat until eggs are dry and stiff. The lightness of the cake largely depends upon very dry eggs. To whites of eggs add sugar, gently folding it in, make as few moves as possible so as not to break down air cells in whites. When sugar is all in, fold in flour and vanilla. Fold always in one direction. Do not beat, the less you handle dough the lighter the cake. Paper bottom of pan but do not grease at all. Bake in layers, a solid cake or in stem pan. The stem pan will make lightest cake. Put into a very moderate oven, bake slowly about twenty-five minutes. The layers will not take as long. Butter Icing is nice on this, or any white icing.

RECIPE 779. ANGEL CAKE NO. 2.

whites of 11 eggs	1 cup flour
$1\frac{1}{4}$ cups granulated sugar	1 teaspoon vanilla

Sift flour and sugar separately, each eight times. Beat whites to a very dry stiff froth, carefully sift sugar into whites, using as few strokes as possible, then sift in flour, using very few strokes. Bake in an ungreased pan 45 minutes in a very moderate oven. A stem pan is best. Paper bottom of pan.

RECIPE 780. SMALL PORK CAKE.

1 scant cup fat pork chopped fine	1 teaspoon mixed spices
1 cup boiling water poured over the pork	$\frac{1}{2}$ cup molasses
1 cup sugar	1 cup raisins
	1 teaspoon soda
	$2\frac{1}{2}$ cups flour

Add soda to molasses and spices to flour. Add sugar to pork, then molasses and soda, then flour and raisins. Bake about an hour in a slow oven.

RECIPE 781. DARK FRUIT CAKE.

1 cup butter	1 cup milk
$\frac{3}{4}$ cup brown sugar	4 cups flour
1 cup molasses	1 teaspoon soda
1 cup citron	1 teaspoon cinnamon
1 $\frac{1}{2}$ cups currants	1 teaspoon allspice
1 $\frac{1}{2}$ cups seeded raisins	1 teaspoon mace
4 eggs	$\frac{1}{2}$ teaspoon cloves
1 teaspoon vanilla	$\frac{1}{2}$ teaspoon salt

Cream butter and sugar. Sift together flour and spices. Add soda to molasses. Cut citron into small, thin strips. Seed raisins and cut them up or tear them apart. Add a little of flour to raisins and currants. Beat eggs together until nice and foamy. Put cake together as follows: Butter and sugar, add molasses with soda, then fruit, eggs, flour and spices (alternately with milk) and, last, vanilla. This makes two large cakes. Can be divided in half if desired, but as it keeps well it is well to make it all. Bake in deep pans, lined with paper, about one and one-fourth hours.

RECIPE 782. FRUIT AND NUT CAKE.

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ teaspoon allspice
1 cup brown sugar	$\frac{1}{4}$ teaspoon nutmeg
1 cup sour milk	2 $\frac{1}{2}$ cups flour
1 teaspoon soda	$\frac{1}{2}$ cup English walnuts
$\frac{1}{2}$ cup molasses	1 $\frac{1}{2}$ teaspoons baking powder
4 eggs (yolks)	$\frac{1}{2}$ teaspoon salt
1 cup seeded raisins	1 teaspoon lemon extract
1 cup currants	
1 teaspoon cinnamon	
$\frac{1}{2}$ teaspoon cloves	

Sift flour, spices, baking powder and salt together. Seed and tear apart raisins, add them to currants and shake a little of the flour over them. Beat yolks until creamy. Add soda to sour milk. Put walnuts through grinder or chop into small pieces. Put cake together in the order ingredients are given. This is a large recipe and can be divided in half if desired. Will keep a long time. Bake in deep pans about 1 $\frac{1}{4}$ hours. A stem pan is best for all cakes heavy with fruit. Line pan with paper.

RECIPE 783. BOILED FRUIT CAKE.

1 cup brown sugar	1 cup chopped nuts
1 cup seeded raisins	1 teaspoon cinnamon
1 cup water	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon nutmeg
1 level teaspoon salt	$\frac{1}{2}$ teaspoon allspice
1 cup currants	2 cups flour
2 teaspoons baking powder	

Put all ingredients except flour and baking powder into a saucepan, stir well together and put over the fire. Let it boil for a minute, then set aside to get lukewarm, then add two cups baking powder and flour, stir well and pour into a pan. Bake in moderate oven 45 minutes. One-half cup thinly sliced citron may be added if desired. Recipe 805 makes a nice frosting for this cake.

RECIPE 784. WHITE FRUIT CAKE.

$\frac{1}{2}$ cup butter	3 teaspoons (level) baking powder
1 cup sugar	4 eggs (whites)
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ teaspoon salt
2 cups flour	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup raisins	$\frac{1}{4}$ cup English walnuts
$\frac{1}{4}$ cup citron	

Seed and tear apart raisins and add a tablespoon of flour to them. Cut citron in very thin small strips. Cut walnut meats fine. Sift baking powder, salt and flour together. Cream butter and sugar, then add milk and flour alternately, then fruit and nuts. Beat whites very stiff and fold them in and last add vanilla. Can be baked as a loaf cake, in a stem pan or as layers. If in layers use a Fig and Raisin Filling (Recipe 815).

RECIPE 785. FRUIT CAKE WITHOUT BUTTER OR EGGS.

2 cups flour	$\frac{1}{2}$ teaspoon cinnamon
1 cup sugar	$\frac{1}{2}$ teaspoon allspice
$\frac{1}{2}$ teaspoon ground nutmeg	$\frac{1}{4}$ teaspoon salt

Sift these all together, then add:

$\frac{1}{2}$ cup seeded raisins	$\frac{1}{2}$ cup thinly sliced citron
$\frac{1}{2}$ cup currants	$\frac{1}{2}$ cup chopped nuts

Stir well and add:

2 cups apple sauce	$\frac{1}{3}$ cup lard, or shortening to taste
2 level teaspoons soda	
$\frac{1}{4}$ cup warm water	

Mix soda with the hot water and add to the apple sauce before putting it into cake. Stir well together. Bake in moderate oven.

RECIPE 786. EGGLESS, BUTTERLESS AND MILK-LESS CAKE.

Put into a sauce pan:

1 cup sugar	1 cup raisins
1 cup water	1 cup currants
$\frac{1}{3}$ to $\frac{1}{2}$ cup shortening	2 teaspoons spices
$\frac{1}{4}$ teaspoon salt	

Boil three minutes, let become lukewarm, then add one teaspoon soda, two cups flour and one-half teaspoon baking powder. Stir well. Bake in loaf or layers.

RECIPE 787. FRUIT TEA CAKES.

$\frac{1}{2}$ cup butter	4 tablespoons chopped
1 cup sugar	almonds
2 cups flour	2 tablespoons citron
2 teaspoons baking powder	3 eggs
1 teaspoon salt	$\frac{2}{3}$ cup milk
4 tablespoons currants	1 teaspoon vanilla

Cream butter, add sugar and cream together, add beaten yolks of eggs. Beat whites stiffly and add alternately with milk. Add sifted flour, baking powder and salt, and last of all the fruit and vanilla. Bake in muffin pans, greased, for 20 minutes in a moderate oven.

RECIPE 788. DATE STICKS.

Beat 1 cup sugar, 3 eggs whipped light, 1 cup flour, 1 teaspoon baking powder, 2 teaspoons vanilla, 1 cup chopped dates and 1 cup chopped walnuts. Spread mixture thinly over bottom of shallow pans and bake quite brown in moderate oven. When baked cut into sticks of any desired size and roll, while warm, in powdered sugar. Or may be served with whipped cream which makes a delicious dessert.

RECIPE 789. SPICE CAKES.

$\frac{1}{2}$ cup butter	2 cups flour
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup boiling water	$\frac{1}{3}$ teaspoon cloves
2 tablespoons molasses	$\frac{1}{3}$ teaspoon nutmeg
1 teaspoon soda	$\frac{1}{2}$ teaspoon salt
Walnut halves	

Cream butter and sugar, add water and molasses.

RECIPE 793. CHOCOLATE FROSTING.

Use recipe 790, but add one square of Baker's chocolate (melted) to boiling syrup after it threads and just when you are ready to take it from the fire. Beat over egg in same way as in Plain Boiled Icing.

RECIPE 794. COCOA FROSTING.

2 cups confectioner's sugar	4 tablespoons hot coffee
1 tablespoon butter	2 tablespoons cocoa

Cream butter, gradually add sugar and cocoa alternately with the coffee, beating well as it goes in. Spread quickly on cake, which must be cold. Do not cook.

RECIPE 795. CHOCOLATE FUDGE FROSTING.

4½ tablespoons buter	¾ cup milk
1 cup cocoa (grated)	1 teaspoon vanilla
3¾ cups confectioner's sugar	

Have cake out of oven and cool before you begin to make fudge filling. Put butter, cocoa, sugar, milk and salt into saucepan. Stir until sugar is moistened. Now put saucepan over a slow fire until mixture reaches the boiling point. When it begins to boil let it cook for eight minutes, then remove from fire and beat it until it begins to cream a little. Spread very quickly on cake because it sets rapidly. This recipe will be enough to ice a three-layer cake.

RECIPE 796. CHOCOLATE MARSHMALLOW FUDGE FROSTING.

Cut a ten-cent box of marshmallows into quarters. Follow recipe for Chocolate Fudge Frosting. When the fudge is ready to spread on cake put a layer of fudge on cake, then on fudge place layer of marshmallows, then over marshmallows pour another layer of fudge. Put top cake in place and pour rest of fudge over top cake and sides. This makes a two-layer cake.

RECIPE 797. BURNT CARAMEL FROSTING.

Put one tablespoon sugar into a small frying pan and let cook until very brown, then add two tablespoons boiling water and let simmer for a minute or two until sugar becomes a brown liquid. Use recipe for Plain Boiled Frosting and when you put the syrup on to cook, add this brown caramel liquid and let syrup boil until it threads from the spoon. See recipe 790 for beating egg, etc. Spread on cake when creamy.

RECIPE 798. CHOCOLATE CARAMEL FROSTING.

Four squares chocolate melted in double boiler. Put two scant cups sugar into a saucepan, add four table-spoons milk, pinch of salt and one egg, stir until well mixed, so that sugar is moistened, add chocolate and cook over a slow fire (without stirring) until liquid strings when dropped from a spoon, remove from fire, beat until it begins to cream, spread on cake.

RECIPE 799. BUTTER FROSTINGS.

2 cups confectioner's sugar	$\frac{1}{4}$ teaspoon salt
4 tablespoons butter (level)	Beaten whites 2 eggs 1 teaspoon vanilla or lemon

Cream butter, add sugar and whites of eggs, beat until creamy, add salt and flavoring and spread on cool cake. This icing is delicious on sponge, angel and sunshine cakes or any cake not too rich with butter.

RECIPE 800. CHOCOLATE BUTTER FROSTINGS.

Follow recipe 799, only omit the egg and add instead four tablespoons boiling coffee, beat in coffee, one table-spoon at a time, and then add two tablespoons grated cocoa, or two squares of melted Baker's chocolate.

RECIPE 801. MOCHA FROSTING.

To recipe 799 add one tablespoon Mocha Extract. If a stronger mocha flavor is desired, add a little more Mocha Extract.

RECIPE 802. BROWN FROSTING.

Follow the recipe for Plain Boiled Frosting, 790, using brown sugar instead of white.

RECIPE 803. FUDGE FROSTING.

2 cups powdered sugar	4 tablespoons boiling coffee
2 tablespoons grated cocoa	$\frac{1}{4}$ teaspoon salt $\frac{1}{2}$ teaspoon vanilla
1 tablespoon butter	

Cream butter, add cocoa to sugar and salt. Rub sugar, cocoa and butter together, adding the boiling coffee gradually to make a smooth, creamy mass. Spread quickly on the cake.

RECIPE 804. MILK FROSTING.

$\frac{1}{2}$ cup milk	1 teaspoon butter
$1\frac{1}{2}$ cups sugar	1 teaspoon vanilla or lemon
$\frac{1}{4}$ teaspoon salt	

RECIPE 809. ORANGE FILLING.

Follow directions for making Lemon Filling, substituting orange juice and grated rind for lemon.

RECIPE 810. CUSTARD CREAM FILLING.

1 cup milk	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup sugar	1 heaping tablespoon
Yolks 2 eggs	cornstarch
$\frac{1}{2}$ teaspoon vanilla	

Put milk in a double boiler until it comes to boiling point, then add yolks of eggs which have been beaten to a cream with sugar and salt. Stir eggs into milk, then add cornstarch which has been wet up in a little cold water. When custard has thickened, add vanilla and remove from fire to cool, spread on layer cake.

RECIPE 811. CHOCOLATE CREAM FILLING.

Follow directions for making Recipe 810, adding to it two squares melted chocolate which have been sweetened with one quarter cup sugar. Stir chocolate and sugar into Custard Cream just before adding the cornstarch.

RECIPE 812. COFFEE CREAM FILLING.

Follow directions for making Recipe 810. Add two tablespoons strong coffee extract or mocha extract.

RECIPE 813. COCOANUT FILLING.

Shredded cocoanut may be added to Recipe 810, about one-third cup may be used. Spread more of cocoanut on top of each layer of custard. If top of the cake is iced, sprinkle more cocoanut on top.

RECIPE 814. COCOANUT LEMON OR ORANGE FILLING.

Add one-half cup shredded cocoanut to recipe for either Lemon or Orange Filling.

RECIPE 815. FIG AND RAISIN FILLING.

$\frac{1}{2}$ pound seeded raisins	$\frac{1}{2}$ pound figs
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Chop together until a smooth mass. Ice cake on bottom layer, then lay a thick layer of fig raisin mixture on icing. Cover the fig raisin filling thickly with more icing. Place top layer of cake on top of this filling and then thoroughly ice entire cake. Use Recipe 790 or 791 for frosting.

RECIPE 816. MARSHMALLOW FILLING.

1 ½ cups sugar	¼ cup boiling water
½ cup milk	1 teaspoon vanilla
½ pound marshmallows	

Make a syrup of milk and sugar. Let it come slowly to the boiling point. Let simmer for six minutes. Put the marshmallows and hot water into double boiler and let marshmallows melt. Stir until it is smooth, then slowly stir in the boiling syrup and beat thoroughly until cool enough to spread on the cake.

RECIPE 817. BANANA FILLING.

Follow Recipe 810. Spread custard on the cake, then lay a thick layer of thinly sliced bananas on each layer of custard. Should be eaten the day it is made.

RECIPE 818. NUT FILLING.

4 tablespoons flour	1 cup sugar
1 cup water	½ cup butter
¼ teaspoon salt	¼ cup chopped nuts
¼ cup chopped raisins	½ teaspoon vanilla

Melt butter, add flour, then water, stir until it thickens, add sugar, salt, nuts and raisins. Spread between cake.

RECIPE 819. PINEAPPLE GELATINE FILLING.

1 cup whipped cream	2 teaspoons gelatine
1 cup grated pineapple	1 teaspoon lemon juice
⅓ cup sugar	

Place gelatine in quarter cup of pineapple juice for half an hour; then set it over hot water until dissolved; then add it to the sugar, pineapple and lemon juice; then beat in the whipped cream. Pin a paper "collar" around each layer cake; have it extending about one-half inch above cake. Pour one-third of filling on one cake. Put the next layer cake on top of the first one, pour on filling, etc. Set away to get firm. Then slice it in layers and serve like brick ice cream. Can have marshmallows and marischino cherries as a garnish. Any fruit colorings can be used, giving very pretty effects.

RECIPE 820. BANANA CREAM CAKE FILLING.

2 eggs (whites)	8 tablespoons powdered sugar
4 bananas	

Beat egg whites until perfectly stiff and dry; mash bananas in a separate dish until quite smooth, sprink-

ling powdered sugar over them to prevent their turning dark. Add the banana mixture to the whites, a spoonful at a time, beating after each addition. Sufficient beatings will make the cream as light and fluffy as whipped cream.

CHAPTER XVII

Doughnuts, Cookies, Candies and Gingerbreads.

RECIPE 821. PLAIN DOUGHNUTS.

1 cup sugar	2 teaspoons baking
2 scant tablespoons melted shortening	powder
1 cup sweet milk	$\frac{1}{4}$ teaspoon salt
2 eggs	$\frac{1}{2}$ teaspoon nutmeg
	Flour to roll out

Stir melted shortening and sugar together, add well beaten eggs, then three cups of flour with baking powder, salt, and nutmeg in it. Add more flour to make a dough stiff enough to roll out. Flour rolling board well. Take one-fourth of mixture, roll out to about one-half inch thick, cut with a doughnut cutter. Take leavings from the first cutting, add another one-fourth of the dough to them, roll this out, cut out and repeat this process until all dough is cut out. Have a kettle of deep fat, just hot enough to fry doughnuts a nice brown (see Index for Deep Fat Frying time table). The doughnuts will quickly brown on one side, then must be turned and browned on other side. Drain on a paper. Cook only a few at a time. Repeat until all are cooked. If desired, sift powdered sugar over them, or roll them in the sugar.

RECIPE 822. POTATO DOUGHNUTS.

1 cup hot mashed potatoes	$2\frac{1}{2}$ teaspoons baking powder
2 tablespoons butter	$1\frac{1}{2}$ cups sweet milk
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ teaspoons salt
2 eggs	1 teaspoon vanilla
	Flour to roll out

Make a cream of potatoes, shortening, sugar and eggs, then add milk and salt, then flavoring. Add baking powder to two cups flour. Stir in flour and then add enough more to make a dough stiff enough to roll out.

Follow directions in recipe on Plain Doughnuts for the frying. This makes a large recipe. Can be divided for a small family.

RECIPE 823. GINGER SNAPS.

$\frac{1}{2}$ cup butter	1 tablespoon ginger
1 cup molasses	$1\frac{1}{2}$ teaspoons salt
$\frac{1}{2}$ teaspoon soda	$3\frac{1}{4}$ cups flour

Put dry ingredients (sifted together) in bowl with butter. Cook molasses until it reaches boiling point, then pour it over ingredients in the bowl, mix well and then let stand until thoroughly cold. Put plenty of flour on rolling board, take one-fourth of the dough, roll out very thin, cut out with a cookie cutter, dipping cutter frequently in flour. Have a thin baking pan, well greased, put the snaps into pan as closely together as possible. Bake in a moderate oven.

RECIPE 824. JUMBLES.

$\frac{1}{2}$ cup butter	1 teaspoon salt
1 cup sugar	$\frac{1}{2}$ teaspoon nutmeg
1 tablespoon milk	2 teaspoons baking powder
2 eggs	$\frac{1}{2}$ teaspoon vanilla
$2\frac{1}{2}$ cups flour	

Cream butter, add sugar, beat well, add eggs well beaten. Sift flour, salt, nutmeg and baking powder together and add them to first mixture. Set away to get cold. Keep dough as cold as possible while rolling out and it will take less flour. Roll very thin, cut out with a cookie cutter having a hole in the center. Bake in a moderate oven.

RECIPE 825. MOLASSES COOKIES.

$1\frac{3}{4}$ teaspoons soda	$\frac{1}{2}$ cup butter or lard
1 cup molasses	2 teaspoons ginger
1 cup sour milk	1 teaspoon salt

Flour to roll out, about two cups

Add soda to molasses, stir well, add melted shortening, milk, salt and flour. Put away several hours to get thoroughly chilled. Roll out only a little at a time, keeping the rest of the dough cold. In this way you can handle it with less flour and so have rich, soft cookies. Roll them thin, cut out with a well-floured cookie cutter, place in a well-greased pan close together, bake in a moderately hot oven.

RECIPE 826. MOLASSES COOKIES NO. 2.

1 cup sugar	1 cup boiling water
1 cup molasses	2 level teaspoons
1 cup lard	soda
2 heaping teaspoons	1 cup Graham flour
ginger	$\frac{1}{4}$ teaspoon salt

Flour to make a soft dough to roll out. Cut out cookies. Sprinkle a little sugar and put one raisin on each cookie.

RECIPE 827. PLAIN COOKIES.

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ teaspoon cinnamon
1 cup sugar	$\frac{1}{2}$ teaspoon cloves
1 cup sour milk	2 cups flour
$\frac{3}{4}$ teaspoon soda	$\frac{1}{4}$ teaspoon salt
	$\frac{1}{2}$ teaspoon vanilla

Cream butter and sugar. Add soda to sour milk, stir it well, then add milk to butter and sugar. Sift flour, salt and spice together and add them to cake mixture. Do not add any more flour than you can help. Make a dough thick enough to roll out. Set it away to get thoroughly chilled. Take only a quarter of the dough at a time, roll it thin, cut out with cookie cutter, bake in a moderate oven. A little granulated sugar can be sprinkled on cookies just before putting them in the oven and one or two currants if desired. Spices may be omitted.

RECIPE 828. CREAM COOKIES.

1 cup sugar	2 or more cups flour
$\frac{1}{4}$ cup shortening	1 teaspoon salt
$\frac{1}{2}$ cup cream	2 teaspoons baking
2 eggs	powder
	1 teaspoon vanilla

Cream butter and sugar, add slightly beaten eggs, then cream. Sift flour, salt and baking powder together and add to cake mixture. If more flour is needed to handle well, add it. Set away to get cold. Then take one-fourth of the dough, roll out thin, cut with a cookie cutter. Repeat until all are baked. Keep the dough cold and it will require less flour. Use as little flour as possible.

RECIPE 829. HICKORY NUT COOKIES.

½ cup butter	2 cups flour
1 cup sugar	2 teaspoons baking powder
2 eggs	2 cups chopped hickory nuts
1 cup milk	
1 teaspoon vanilla	¼ teaspoon salt

Cream butter and sugar, add eggs beaten to a cream, then milk and salt, and last, flour sifted with baking powder, and last hickory nuts. Drop from spoon onto a well-buttered pan. Leave ample room between for the cookie to spread. Bake in moderate oven.

RECIPE 830. OATMEAL COOKIES.

1 cup shortening (butter, lard or suet)	1 cup raisins
1 cup sugar	2 cups flour
2 eggs	2 cups Quaker rolled oats
1 teaspoon salt	1 teaspoon soda
	1 teaspoon cinnamon

Mix soda, salt and spice with flour. Stir all ingredients quickly together. Drop from tip of a spoon onto a well-greased pan in drops about size of an English walnut. Leave plenty of space between. Bake in a moderately hot oven. Will keep for months in a covered jar.

RECIPE 831. FRUIT ROCKS.

1½ cups sugar	1½ cups chopped raisins
1 cup shortening	2 cups chopped nuts
3 eggs	½ teaspoon each all-spice, cloves
2½ cups flour	
1 teaspoon soda	1 teaspoon cinnamon

Cream sugar and shortening, add eggs, beat well. Sift flour, baking powder, salt and spices together, and add to first mixture. Stir in slightly floured raisins and nuts. Grease pans well and drop cake mixture from a spoon, allowing a couple of inches between. If desired, one cup of currants may be used, allowing one cup of nuts. If a laxative effect is desired use two cups of flour and one-half cup bran.

RECIPE 832. WHITE GINGERBREAD.

4 cups sifted flour	½ teaspoon cinnamon
1 cup butter	1 cup sour milk
2 cups sugar	1 teaspoon soda
½ teaspoon nutmeg	2 eggs
	2 teaspoons ginger

Rub flour and butter together until it crumbs, then add sugar and rub again until well mixed. Measure out two cups of this mixture and set away to keep cool. Into what remains stir two well-beaten eggs, sour milk and soda and spices. Stir well. Butter a dripping pan and on this spread one cup of the first mixture (dry crumbs), then spread a layer of all batter and on top of this put the second cup of the crumbs. Bake in moderate oven.

RECIPE 832B—YELLOW CAKE.

$\frac{2}{3}$ cup butter	4 eggs
2 cups sugar	$3\frac{1}{2}$ cups flour
1 cup milk	5 teaspoons baking powder

See general directions for mixing cakes, Pages 189-190. This makes a large, light cake. For small family divide recipe. Unusually nice.

RECIPE 833. SOFT GINGERBREAD.

$\frac{1}{2}$ cup melted shortening	$\frac{1}{2}$ teaspoon soda
1 cup sugar	1 cup boiling water
2 eggs	2 cups flour
$\frac{3}{4}$ cup New Orleans molasses	$\frac{1}{2}$ teaspoon salt
	3 teaspoons ginger

Butter, lard or any of the prepared shortenings can be used. Melt shortening, stir in sugar, well-beaten eggs (do not separate them), add molasses, put soda into boiling water, stir it into cake mixture, add flour sifted with ginger and salt. Paper the deep pan, grease sides and bottom well, bake about thirty minutes. One cup of raisins or one-half raisins and one-half currants can be added if desired. This makes one large or two medium-sized loaves.

RECIPE 834. WALNUT DROPS.

2 eggs	7 tablespoons sifted flour
Pinch salt	
1 cup sugar	$\frac{1}{2}$ teaspoon baking powder
1 cup chopped walnuts	

Beat eggs together, add salt, then sugar. Sift baking powder with flour and add to first part. Add nuts last. Drop onto buttered pan and bake until brown. Have them a sufficient distance apart. Makes 55 or 60.

RECIPE 835. WALNUT WAFERS.

1 cup brown sugar	3 heaping tablespoons
1 cup chopped walnuts	flour
2 eggs	$\frac{1}{4}$ teaspoon salt

Beat eggs to a cream, then stir in flour, salt and nuts; grease pans and drop batter in them in teaspoonfuls; drop far apart to give them room to spread.

CHAPTER XVIII
Left Overs.

RECIPE 836. COCKTAIL FROM BOILED FISH.

Take any white firm fish and make a cocktail as follows for each person:

1 tablespoon tomato catsup	$\frac{1}{2}$ teaspoon horseradish
1 tablespoon lemon juice	1 tablespoon fish
	2 drops Tabasco sauce
	1 or 2 drops onion juice

Let stand on ice until very cold.

RECIPE 837. PLANKED LEFT-OVER FISH.

$\frac{1}{2}$ cup White sauce	2 hard boiled eggs
1 cup fish	2 tablespoons minced parsley
1 cup mashed potato	

season to taste

Take a fish plank (or a baking platter will do). Make a border of mashed potatoes pressed through the pastry tube (or a potato ricer), put a layer of sauce on platter, then fish, sliced eggs, parsley, then a layer of Cream Sauce and over this a few buttered bread crumbs, bake in oven, or under gas broiler until crumbs have browned. Serve on dish or plank on which it baked.

RECIPE 838. CREAMED FISH.

1 cup No. 2 White sauce	$\frac{1}{4}$ cup diced cold boiled carrots
1 cup fish flakes	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{2}$ cup peas, or	$\frac{1}{2}$ teaspoon onion juice
$\frac{1}{4}$ cup peas and	Season to taste

Mix together, put into a baking dish, or into individual ramekins, cover with buttered bread crumbs, dust on top with paprika, bake until bread crumbs are brown. Serve hot in dish in which it baked.

RECIPE 839. COLD FISH SOUFFLE.

1 cup No. 2 White sauce (see Index)	1 teaspoon onion juice
$\frac{1}{2}$ cup mild cheese	$\frac{1}{2}$ cup flaked fish
$\frac{1}{2}$ teaspoon mustard	$\frac{1}{2}$ teaspoon salt
1 teaspoon lemon juice	2 eggs
	Pepper and paprika to taste

Melt cheese in hot sauce, add mustard, pepper, salt onion and lemon juice to the yolks of eggs, beat well, add fish flakes, then stir this into the White Sauce mixture and let cool. Then fold in stiffly beaten whites of two eggs. Set in a pan of hot water and bake about fifteen to twenty minutes. Serve at once in dish in which it baked.

RECIPE 840. FISH WITH MACARONI AND CHEESE.

1 cup White Sauce No. 2 (see Index)	$\frac{1}{2}$ cup macaroni
$\frac{1}{2}$ cup fish flakes	$\frac{1}{2}$ cup cheese melted in White Sauce

Cook macaroni in boiling salted water until tender, then remove from fire, drain off hot water and pour cold water over it for a minute or two to make it firm. Drain again and cut in about one-inch lengths. Now stir macaroni into White Sauce, add fish flakes, stir gently, pour into baking dish, cover with layer of buttered bread crumbs and bake in oven just until crumbs are brown. Serve hot in dish in which it baked.

RECIPE 841. FISH ESCALLOPED WITH TOMATOES AND ONIONS.

Take alternate layers of very thinly sliced onions, raw potatoes, stewed tomatoes, and flakes of fish. Season each layer with a little salt, pepper and paprika and enough hot water poured over to almost fill the pan. Bake slowly until potatoes are done, about thirty minutes. To change this dish, minced parsley or green peppers can be added, or a few slices of bacon, fried crisp and crushed, can be added to the layers.

RECIPE 842. CREAMED OYSTERS AND FISH.

$\frac{1}{2}$ cup cold fish	1 cup No. 2 White sauce
$\frac{1}{2}$ cup oysters (par- boiled 2 minutes)	Seasoning to taste
	Layer buttered bread crumbs

Mix sauce, oysters and fish together, turn into a baking dish or little ramekins. Cover with bread crumbs, dust with paprika. Bake until crumbs brown. Serve hot.

RECIPE 843. SLICED LEFT-OVER MEAT EN BLANQUETTE.

Make a Brown Gravy (see Index) or a Creole Sauce (see Index), and lay slices of cold meat in it just long enough to warm it through. Serve at once with the sauce poured over it.

RECIPE 844. POT ROAST HASH AND BROWN GRAVY.

Mince one cup meat, add one cup brown gravy. Make four slices toast, put a spoonful of the hot hash on each slice of toast.

RECIPE 845. STUFFED LEFT-OVER ROAST.

Into cavity of a left-over leg of lamb, or a shoulder roast fill in a generous supply of mashed potatoes. Shape well, cover with buttered bread crumbs and heat for a short time in oven, until meat has had time to warm through. A double roasting pan is nice for this, adding a very little sauce, or a little hot water. Let the crumbs brown. Serve with a brown gravy or Mint Jelly (see Index).

RECIPE 846. ROLLS OF LEFT-OVER ROAST MEAT.

If the meat is in sufficient quantity so that it can be sliced, cut required number of slices rather thinly and spread on each slice a thin layer of stuffing made as follows:

For each cup of bread crumbs (not too dry) allow one-fourth teaspoon salt, one-eighth teaspoon pepper, one-eighth teaspoon paprika, two tablespoons of minced onions, one-fourth teaspoon poultry seasoning or a pinch of sage. If onions are not desired they can be left out. When each slice has been spread with this stuffing roll slice like a jelly roll, fasten securely, roll it in a little flour and saute it for a few minutes in the frying pan. Then cover with left-over gravy or enough milk to nearly cover the rolls. Let simmer for fifteen minutes, thicken gravy. Can be served on toast if desired. Pour the gravy over the "Rolls."

RECIPE 847. APPLES STUFFED WITH LEFT-OVER PORK.

Take a sufficient number of apples. Wash and wipe clean. Cut off a slice from stem end. Take out core and make a "well" in the apples. Mince up enough left-over pork to fill apples. Season well, add a little gravy to moisten meat, fill into apples and add a few buttered

bread crumbs on top of meat, which should be piled up pyramid shape out of center of apple. Bake until apples are done.

RECIPE 848. ESCALLOPED PORK WITH APPLES.

1 cup cold chopped pork	1 cup buttered bread crumbs
Sliced, pared apples	Season to taste

Butter a baking dish, lay a layer of apples in bottom, then a layer of meat, a layer of left-over gravy, a layer of bread crumbs, then a layer of apples and a layer of buttered bread crumbs. Bake in a slow oven until apples are done.

RECIPE 849. FRIED APPLES WITH LEFT-OVER PORK.

Slice apples with their skins on. Fry nicely in a little pork fat. Slice the pork thin, warm it in a little left-over gravy, just simmer it for a moment or two, then lay the slices of meat on a bed of the fried apples. Serve at once.

RECIPE 850. ESCALLOP OF CABBAGE WITH ROAST PORK.

1 cup minced boiled cabbage	1 cup No. 1 White sauce (see Index)
1 cup cold roast minced pork	$\frac{1}{2}$ cup bread crumbs Season to taste

Mix cabbage, meat and White Sauce well together, season to taste. Place in a deep baking dish, cover with buttered bread crumbs. Cook until brown.

RECIPE 851. RICE CAKES WITH HAM OR SAUSAGE.

1 cup cold boiled rice	$\frac{1}{2}$ cup minced ham or cooked sausage
Yolk 1 egg	season to taste

Mix rice and meat together, add yolk, stir well, make into flat cakes and saute in a little fat. Serve hot.

RECIPE 852. CREAMED HAM ON TOAST.

1 cup minced cold boiled ham	1 cup No. 1 White sauce (see Index)
1 hard boiled egg	Slices of toast seasoning to taste

Mix ham with the White Sauce, add mashed yolk of egg, spread meat mixture on the toast and sprinkle on top the chopped white of egg. Dash a little paprika on top. Minced parsley can also be used. One pimento minced and added to meat mixture is nice.

RECIPE 853. ESCALLOPED EGGS.

Make one cup No. 2 White Sauce. Boil 4 eggs hard. When cold slice eggs. Butter a deep baking dish, place layer buttered cracker crumbs on bottom of pan, add alternate layers of sliced eggs, White Sauce and buttered cracker crumbs. Have top layer of White Sauce lightly sprinkled with buttered crumbs. Bake until crumbs are brown.

Boiled rice can be added to this dish and is nice, also two or three pimentos cut fine and added to the White Sauce.

RECIPE 854. GERMAN POT ROAST HASH.

1 cup minced meat	1 tablespoon minced
$\frac{1}{2}$ cup cold boiled	parsley
potatoes diced	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ teaspoon pepper	

Put two tablespoons fat in frying pan, turn meat and potato mixture in it, press down well under a plate, set on a very slow fire to form a brown crust on bottom. When browned fold and serve like an omelette.

RECIPE 855. ESCALLOPED POT ROAST.

Alternate layers cold boiled macaroni or rice, meat, White Sauce No. 2 and sliced green peppers. Season each layer with salt and pepper, cover with buttered bread crumbs and bake until crumbs brown.

RECIPE 856. ESCALLOPED POT ROAST WITH TOMATOES.

Alternate layers of minced meat, stewed tomatoes and onions and bread crumbs. Layer of butter and bread crumbs on top. Bake about ten minutes if onions are "left-overs" cooked, but if raw onions are used mince them fine and bake about thirty minutes, having added one-half cup water to mixture.

RECIPE 857. MEAT AND POTATO PUFF.

1 cup cold mashed	1 egg
potatoes	1 teaspoon tomato cat-
1 cup cooked meat	sup
(minced)	$\frac{1}{4}$ cup gravy or stock
	Seasoning to taste

Butter a deep baking dish. Beat creamy yolk of egg into mashed potato. Moisten meat with gravy or stock, add catsup. Beat white of egg to a stiff froth and add to mashed potatoes. Put one-half the potatoes into

bottom of baking dish, spread meat mixture on top, then spread rest of the potatoes over the meat. Brown in oven.

RECIPE 858. LEFT-OVER MEAT ON HOT BISCUITS.

1 cup chopped meat	1 egg
1 cup No. 1 White sauce	1 teaspoon minced capers or parsley
season to taste	

Make some Baking Powder Biscuits (see Index). When baked split them open and pour over them meat mixture made as follows:

To one cup White Sauce (see Index) add meat, capers, or parsley, stir well, add yolk of an egg, stir for a moment until egg has time to set. Season to taste. Serve on hot biscuits. If there is plenty of left-over gravy, a cup of that can be used instead of White Sauce. If gravy is not brown, add a few drops of Kitchen Bouquet.

RECIPE 859. ESCALLOPED MEAT WITH OYSTERS.

A very appetizing change from the regular escalloped meat dishes can be made by using one-half cup oysters to one-half cup meat. Then follow the directions for escalloped meat.

RECIPE 860. ESCALLOPED MEAT.

1 cup chopped cold meat	½ cup buttered bread crumbs
1 cup White sauce or	2 tablespoons minced
1 cup left-over gravy	parsley

Use either a cup rich left-over gravy or make a No. 1 White Sauce (see Index). Mix meat well with gravy or sauce, place in buttered baking dish, spread buttered bread crumbs on top and bake in oven until crumbs have browned. If desired, more crumbs can be used by taking a layer of meat, a layer of White Sauce, then a layer of bread crumbs, alternating layers until dish is full. A layer of tomatoes is also nice. A few minced mushrooms or onions or green peppers can also be used for a change.

RECIPE 861. MACARONI AND CHEESE WITH LEFT-OVER MEAT OR FISH.

A very nice way to use up left-over macaroni and cheese and cold meat or fish is as follows:

1 cup macaroni and
cheese

1 cup cold chopped
meat or fish

1 cup No. 1 White
sauce (see Index)

Salt, pepper and pap-
rika to taste

Make a White Sauce, place a layer of it on the bottom of a buttered baking dish, then a layer of the macaroni, cut in inch lengths, then a layer of meat or fish, then again White Sauce. Either buttered bread crumbs or a layer of grated cheese can be spread on top. Brown in oven.

RECIPE 862. RICE SOUFFLE WITH MEAT OR FISH.

1 cup minced meat

$\frac{1}{4}$ cup boiled rice

1 egg yolk

$\frac{1}{2}$ cup White sauce
No. 3

1 egg white

seasoning to taste

Mix meat (or fish) with rice and White Sauce. Season well, add beaten yolk and last fold in stiffly beaten white of egg. Spread lightly with buttered bread crumbs. Bake in hot oven about twenty minutes. Serve at once very hot.

RECIPE 863. COLD MEAT OR FISH SOUFFLE.

1 cup minced cold
meat or fish

$\frac{1}{2}$ cup fresh bread
crumbs

1 cup White Sauce
No. 2 (see Index)

1 egg

1 teaspoon onion juice

1 teaspoon minced
parsley

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon pepper

$\frac{1}{4}$ teaspoon paprika

Make White Sauce and let cool while you mix meat, seasoning, parsley, onion juice, then add White Sauce, mix well, add beaten yolk and last fold in stiffly beaten white of egg. Butter a baking dish, turn Souffle into it and bake about twenty minutes. Serve at once in the dish in which it baked.

RECIPE 864. HAMBURGER SOUFFLE.

Fresh hamburger can be used instead of Cold Left-over Meat (see Index).

RECIPE 865. CHICKEN OR VEAL SOUFFLE.

1 cup of meat

1 cup No. 3 White

Sauce (see Index)

2 eggs

$\frac{1}{8}$ teaspoon onion salt

$\frac{1}{8}$ teaspoon paprika

Mix meat with White Sauce. Cream yolks of eggs, add them to meat mixture, fold in stiffly beaten whites

of eggs and seasoning. Pour into buttered baking dish and bake about twenty-five minutes. One tablespoon of minced parsley can be added to White Sauce or three tablespoons cooked tomato gives a nice change. Put them into White Sauce before whites of eggs are folded in.

RECIPE 866. RISSOLES OF COLD MEAT.

One cup cold left-over meat which has been run through grinder, add to it one small minced onion. Add one-half cup soft bread crumbs, season to taste, adding enough milk to shape meat and crumbs into balls about size of an English walnut. Roll them in flour and saute a light brown. The balls want to be stiff enough to hold their shape, if more bread crumbs are needed add them. Serve a sauce (see Meat Sauces in Index).

RECIPE 867. SURPRISE OF BEEF BISCUITS.

Make a nice biscuit dough. See recipe. Roll out very thin, cut with a good-sized biscuit cutter. Take some well seasoned beef which has been minced, mix a little White or Brown Sauce with it, spread on a piece of the dough quite thickly, cover with another piece of dough, making a sandwich of it, pinch the edges together all around, so the sauce cannot escape, bake in oven until dough is done. This recipe will make about six Beef Biscuits. Serve very hot.

RECIPE 868. ESCALLOPED MEAT WITH POTATO BORDER.

1 cup No. 1 White Sauce	1 teaspoon minced parsley
1 cup chopped meat	2 cups cold mashed potatoes

Stir meat and parsley into White Sauce, pour it onto a plank or a buttered baking platter. Surround meat with a border of mashed potatoes, which can be neatly scored. Brush top of potato with a little milk or egg to make it brown quickly. Put some buttered bread crumbs on meat and brown in oven or under broiler in gas stove. If you have a left-over egg, it can be well beaten into potatoes before they are placed on plank. This will make them brown readily. Brown gravy can be used instead of White Sauce if preferred. The meat can also be decorated with raw, sliced tomatoes covered with buttered bread crumbs.

RECIPE 869. SOUP MEAT CROQUETTES.

The meat should be ground fine, seasoned highly with a tomato sauce or puree.

1 cup meat	½ cup No. 3 White
½ cup tomato puree	Sauce

Stir meat, tomatoes and White Sauce together, add a touch of onion salt, a drop or two of Tabasco sauce. Cook a moment until egg has set. Turn out on a plater to cool. When quite cool shape into croquettes. Follow directions for frying croquettes (see Index). Serve at once very hot, with a sauce.

RECIPE 870. LEFT-OVER MEAT PIE.

Cut one cup cold meat into good-sized dice, cover with one quart soup stock or water, let simmer two or three hours until meat is very tender, add more water if needed. About half an hour before meat is done, add diced raw potatoes and one sliced onion and any left-over vegetables. such as peas, turnips, carrots or tomatoes can be used. Put in small bay leaf, season well. Have the stew very juicy. Thicken with one teaspoon of flour, wet with a little water. Make a rich pie dough. Line a deep baking dish with it, pour in stew, cover with upper pie crust. Bake until crust is done. Serve at once, hot.

RECIPE 871. LEFT-OVER FISH PIE.

For each cup cold fish allow one cup White Sauce No. 1, or Drawn Butter Sauce. Line a deep pan with crust, put in fish mixture, cover with upper crust. Bake until crust is done. Any left-over vegetables, such as cold boiled potatoes, peas, tomatoes, onions and sliced hard boiled eggs, one or two pimientos can be added. If fresh potatoes are used slice them thin, cover with boiling water, let cook for five minutes then add potatoes to fish mixture.

RECIPE 872. CUTLETS OF ANY COLD MEAT NO. 1.

Cut the meat into slices about ¼ inch thick. Make a No. 3 White Sauce, or a Brown Sauce (see Index), and cover each slice with a thick layer of sauce. Dip slice in dry sifted bread crumbs, egg and crumb (see Index for rules for Deep Fat Frying) and fry in deep fat. Serve with any nice sauce. See Index for meat sauces. The cutlets may be prepared in advance, even the day before, ready for the frying, which will then take but a minute when meal is almost ready to serve.

RECIPE 873. CUTLETS OF COLD MEAT NO. 2.

Prepare meat as in Recipe 872. Take any left-over macaroni or spaghetti (if it had cheese or creole sauce in, it will be all the nicer), chop it fine, season to taste, add the yolk of an egg. Take each slice of sauce covered meat, and put all over it a layer of the macaroni or spaghetti (do not have it less than a quarter to half an inch thick). Crumb, egg and crumb (see Index) each cutlet, fry in deep fat. Serve at once very hot with any nice sauce. See Meat Sauces in Index.

RECIPE 874. CUTLETS OF COLD MEAT NO. 3.

Prepare meat as in Recipe 872. Take cold boiled rice, add yolk of egg, then cover meat slices all over with a thick layer of rice. Crumb, egg and crumb (see Index) and fry in deep fat. Serve with any nice sauce for meats.

RECIPE 875. CUTLETS OF COLD MEAT NO. 4.

Prepare meat as in Recipe 872. Take cold mashed potatoes, beat in yolk of egg, cover meat with thick layer of potatoes, crumb, egg and crumb, fry in deep fat. Serve at once with nice sauce.

RECIPE 876. MACARONI WITH CHEESE NO. 1.

Cover macaroni with plenty of boiling salted water. Cook until tender. Drain and cover with cold water for five minutes. Drain again. Put alternate layers of macaroni with grated cheese into a deep baking dish—season well. Have top layer of cheese. Pour in enough milk to show through the macaroni, bake slowly until cheese has melted and browned. If too dry add a little more milk.

RECIPE 877. MACARONI WITH CHEESE NO. 2.

Follow recipe for boiling macaroni. For each cup of macaroni allow one cup No. 2 White Sauce and $\frac{1}{4}$ cup ground up cheese. Dissolve cheese in hot White sauce as it is cooking. Stir cheese sauce all through macaroni. Put in baking dish with crumbs on top. Bake until crumbs brown.

RECIPE 878. SPAGHETTI WITH CHEESE.

Follow directions for Macaroni With Cheese, substituting spaghetti for macaroni.

RECIPE 879. FOR USING UP LEFT-OVER CAKE.

See Recipe for Tipsey Pudding.

RECIPE 880. FOR USING UP LEFT-OVER FRUITS.

See recipes for Fruit Meringue Pies; also recipes for any of the Tapioca Puddings.

RECIPE 881. CAKE PUDDING FOR LEFT-OVER FRUITS.

Make a cake batter from Recipe 738. Strain juice from left-over fruit, place fruit in baking dish, cover with cake batter and bake well done. Make a sauce with fruit juice using more water and sugar if there is not enough juice. Thicken with cornstarch, beat in one tablespoon butter, flavor to taste. Serve hot. Especially nice for large fruits sliced.

CHAPTER XIX**Meat Substitutes.**

Our bodies are living machines driven by the food we eat. The value of the necessary food for the body can easily be learned.

In planning any meal, remember that in order to provide the needed energy and building material, you must include five elements:

Proteins, for growth and repair of the tissues.

Everyday foods and the elements they supply.

For Growth and Repair—Meat, fish, eggs, milk, cheese, nuts and (combined with a fat) beans, peas and lentils.

Carbohydrates, to supply heat and muscular energy.

For Force and Heat—Potatoes, rice, corn, cereals, tapioca, sago (all of the foregoing are starchy foods); also fats and sugars.

Vegetables and Fruits, for bulk.

For Bulk—Vegetables with little or no starch, namely: Cabbage, turnip, beets, green beans, celery, asparagus, eggplant, artichoke, squash, tomatoes, cucumbers, and all green vegetables. Also fruits.

Water.

Mineral matter, for bone structure and life generally.

Meals should vary according to the needs of the family. Persons working out of doors actively need a

different diet from those leading sedentary lives. Young and old members of a family also need different diets.

All foods must be clean, not greasy, therefore more easily digested.

As a nation we need to become educated in the ideals of a simpler diet. It is not easy to establish new customs of eating, either in the matter of simplicity, or in the choice of foodstuffs, but science is coming forward to convince us that our health will be better for such reformations.

If in meal-planning the housekeeper gives careful thought to the choice of foods which include these essential elements, the difficulties which arise from overeating and undereating will be greatly lessened.

If one is not thoroughly nourished, it may mean that his diet contains too much tissue-building and heat-producing material, but lacks fat and foods which furnish bulk and mineral matter. Or, his diet may include too much sugar and bulk, while the proteins or tissue-building elements are lacking.

The system calls for variety, but it need not be gained by serving many kinds of food at one meal. A simple, wholesome ration at each meal; that is, foods rich in proteins, carbohydrates, fats, mineral matter, and providing bulk, is far more satisfactory from every point of view.

There is close connection between the thorough enjoyment of two or three harmonious dishes, simply and well prepared and served, and the beneficial results to the whole human body. We then appreciate more fully the natural flavors of food, because high seasoning is eliminated. When we chew more carefully, digestion and assimilation are more normal.

Eat meat, if you like it, and can afford it; but give beans and peas, cereals and nuts, their rightful place in the menu, for they are foods in which nourishment is as concentrated as in meat. In some nuts, like peanuts and almonds, proteins are present in generous proportion; while all nuts, except chestnuts and black walnuts, furnish abundant fat. So we are in no sense dependent on meat to supply the strength-giving elements of our diet. By making the same combinations of concentrated vegetable and nut foods with starchy and bulky foods as when meat is used, we can keep the body in fine condition.

BREAKFAST MENU COMBINATIONS.

Fruits—Apples, prunes, raisins, bananas, oranges, grapefruit, etc.

Cereals—Of any kind.

Breads—Toast, muffins, gems, biscuits, waffles, hot cakes.

Drinks—Coffee, tea, milk, cocoa, or any of the cereal coffee substitutes.

LUNCHEON COMBINATIONS.

Cream Soups—Asparagus, tomato, rice, onion, corn, potato, etc.

Meat Substitutes—Nut roasts or cutlets, nut and cheese roasts, cereal and nut roasts.

Vegetables—Green vegetables if the soup is a starch combination, or use starchy vegetable if soup is of a green vegetable.

Desserts—Custards, sagos, tapiocas, creams, fruits, cake, etc.

Drinks—Water, tea, milk or cereal coffees, butter-milk, chocolate, etc.

DINNER COMBINATIONS.

Soup—Cream, vegetable, chowders, etc.

Meat or Fish or Meat Substitutes.

Vegetables—One starch, one green.

Salads—Are especially valuable for bulk, mineral salts, olive oil.

Desserts—For sugars, fats and starches.

Drinks—Milk, cocoa, tea, coffee and cereal substitutes. To be avoided in large quantities. Fleshy persons should never drink with their meals, but between meals.

SOME MEAT SUBSTITUTES.

RECIPE 882. NUT AND CHEESE ROAST.

1 cup grated or ground cheese	1 tablespoon butter $\frac{1}{2}$ lemon (juice)
1 cup ground nuts	2 tablespoons minced onions
1 cup dry bread crumbs	

Season to taste

Melt butter, add onions, fry till yellow, add $\frac{1}{2}$ cup water, let simmer five minutes. Mix all ingredients together with $\frac{1}{2}$ cup milk or water. Bake like a beef loaf or in a deep square bread pan. Serve with brown or tomato sauce, if desired.

RECIPE 883. RICE, CHEESE, NUT ROAST.

Substitute boiled rice for bread crumbs in Recipe 882.

RECIPE 884. BEAN, PEAS OR LENTIL AND CHEESE NUT ROAST.

Substitute 1 cup boiled dry beans, peas or lentils, substituted for bread crumbs in Recipe 882.

RECIPE 885. PEAS, LENTILS OR BEAN ROAST WITHOUT NUTS.

Mash 2 cups cooked peas, lentils or beans, or rub them through a sieve. Add half a pound of grated cheese, salt and pepper to taste, and fine bread crumbs to make the mixture thick enough to be formed into a roll. Lay on a buttered tin and bake in a moderate oven, basting with butter and water. Serve hot with tomato sauce.

RECIPE 886. MEAT SUBSTITUTE CUTLETS OR CROQUETES.

Use Recipe 882, 883, 884 or 885. For each cup add $\frac{1}{2}$ cup No. 2 White Sauce. Stir in well and set away to get cold. Then shape into cutlets or croquettes. Crumb, egg and crumb (see rules for Deep Fat Frying). Serve with any cream, brown or tomato sauce.

RECIPE 887. PEAS, BEANS OR LENTILS WITH TOMATOES.

Soak one cup peas, beans or lentils overnight; drain and cook until soft in plenty of boiling salted water. Boil an equal quantity of rice. Put $\frac{1}{2}$ can of tomatoes into a sauce pan; add a chopped onion, a bay leaf, a blade of mace and one tablespoon of tomato catsup. Simmer until it has the consistency of a thick sauce. Drain the lentils, peas or beans and mix them with the rice. Press the tomato sauce through a sieve; add one tablespoon of melted butter, and pour over the cereals. Serve hot.

RECIPE 888. HOMINY AND NUT ROAST.

Grind one cup of English walnut meats and one cup of roasted peanuts and mix with them one pint of cold boiled hominy, half a cup of bread crumbs, three hard-cooked eggs chopped fine, one tablespoon of chopped parsley, one tablespoon of grated onion, one well-beaten egg, salt, pepper and grated nutmeg to taste. Form into a loaf, put into a buttered tin, and bake in a hot oven for thirty minutes; baste with a little butter and water occasionally. Garnish with slices of lemon and sprigs of parsley. Serve with brown sauce.

RECIPE 889. BARLEY ROAST.

Melt three tablespoons of drippings or butter, stir in half a cup of browned flour and one cup of water or stock, and boil for three minutes; chop one large onion fine, and fry it in one tablespoon of butter; then add it to the sauce, with two cups of cold, boiled pearl barley, one cup of finely chopped nuts, one cup of dry bread crumbs, a quarter of a teaspoon of grated nutmeg, one teaspoon of salt and one saltspoon of pepper. Turn into a buttered mould. Bake for one hour and serve with a tomato or a caper sauce.

RECIPE 890. MRS. MILNER'S BANANA AND NUT MOULD.

2 cups ground nuts	$\frac{1}{2}$ cup cream or milk
1 cup bran or dry bread crumbs	$\frac{1}{2}$ teaspoon salt
1 cup mashed banana	$\frac{1}{4}$ teaspoon pepper

Mix all together and pack in buttered mould and steam three hours. Serve with lemon or tomato sauce. Can be cooked in fireless cooker.

RECIPE 891. MRS. MILNER'S BEAN AND BANANA ROAST.

1 cup cooked peas, beans or lentils	1 banana mashed
1 cup strained tomatoes	$\frac{1}{2}$ cup sour cream or milk
1 cup grapenuts or cooked whole wheat	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{4}$ teaspoon pepper

Mix all together, if too dry add a little more milk. Shape into a loaf and bake one hour. Serve with cream of tomato sauce, or brown or creole sauce.

RECIPE 892. NUT CUTLETS OR CROQUETTES.

1 cup No. 3 White Sauce	1 minced onion
1 cup ground nuts	1 tablespoon butter
1 cup dry bread crumbs	$\frac{1}{4}$ teaspoon savory
	Pinch of mace or nutmeg

Put butter into frying pan, cook onions till yellow and tender. Stir all the ingredients together and set away to get cool. Then shape into cutlets or croquettes, crumb, egg and crumb (see Index) and fry in deep fat. Serve with a sauce.

RECIPE 893. VEGETABLE HASH.

$\frac{1}{2}$ cup chopped cooked cabbage	$\frac{1}{4}$ cup chopped cooked turnips
$\frac{1}{2}$ cup chopped cooked beets	$\frac{1}{4}$ cup chopped cooked carrots
$\frac{1}{2}$ cup chopped cold potatoes	1 teaspoon chopped parsley
$\frac{1}{4}$ teaspoon pepper	1 teaspoon minced onion
$\frac{1}{4}$ teaspoon paprika	$\frac{1}{4}$ cup milk
Salt to taste	

Put two tablespoons butter or drippings in a frying pan, when hot, put in the vegetable last (well mixed), spread down evenly, cover, cook slowly thirty minutes. Fold over, serve hot.

RECIPE 894. NOODLES WITH TOMATO SAUCE.

Put two cups of dried noodles into plenty of boiling salted water and boil rapidly for twenty minutes; drain and put into a saucepan with two tablespoons of melted butter, one cup of tomato sauce, one tablespoon of chutney, salt and paprika to taste, and three tablespoons of cream. Turn into a hot dish and sprinkle over with grated cheese. Serve at once.

RECIPE 895. RICE CROQUETTES OR CUTLETS WITH CHEESE SAUCE.

1 cup boiled rice	$\frac{1}{2}$ teaspoon salt
1 cup No. 3 White Sauce	$\frac{1}{4}$ teaspoon paprika
1 tablespoon chopped pimientos	$\frac{1}{4}$ teaspoon pepper

Stir all together and let get cool. Then shape into cutlets or croquettes, crumb, egg and crumb (see Index) and fry in deep fat. Serve with a cheese sauce, as follows: Add $\frac{1}{2}$ cup ground or grated cheese to 1 cup of No. 1 White sauce.

RECIPE 895B. ITALIAN MEAT SUBSTITUTE.

Soak two cups of dried peas and one cup of rice over night. Cut two small onions and about one tablespoon butter or olive oil in, add to the peas and rice, season with salt and pepper, then cover the whole with water. Cover the dish and stew in the oven for two hours or more, now and then stirring it. Add more water if too dry. About half an hour before serving, put in some chopped parsley. This is an excellent addition to cold meat, or can be used in place of meat.

RECIPE 895C. NUT AND CHEESE ROAST.

- | | |
|------------------------------|-----------------------------------|
| 1 cup grated cheese | 1 tablespoon butter |
| 1 cup ground English walnuts | juice one-half lemon |
| 1 cup bread crumbs | salt, pepper and paprika to taste |
| 2 tablespoons minced onions | |

Melt the butter, add onion, let simmer until onion turns yellow, having one-half cupful water in the pan with the onion after the first five minutes. Let cook until tender. Add the other ingredients. If too dry add a little more water. Pour mixture into a shallow baking pan and cook until brown.

CHAPTER XX

Jellies, Jams, Canned Fruits, Preserves and Pickles.

A FEW RULES FOR SUCCESSFUL PRESERVING AND PICKLING.

Never use old rubbers.

Sterilize jars and glasses by putting them on in cold water in a deep kettle and bring them to boiling point for five minutes. Put a heavy cloth in bottom of kettle, or wire stand, so that glass does not touch bottom of kettle. Drain for a moment upside down, then fill while hot.

Do not have over-ripe fruit, the fresher the fruit the better results.

Glass jars must be filled to overflowing to keep out all air.

If the last jar lacks a little fruit to make it full, add boiling water until jar overflows.

Granite kettles are preferable—never use tin.

Parafine wax is preferable for covering jellies, but when not available cut circular papers size of jelly glass (inside), dip them in brandy or white of egg, lay on jelly after it has set, cover glass with tin lid and paste a larger circle of paper over top and down over the glass, about an inch below tin lid.

Fruit jars should be allowed to get cool after filling and settling, then dipped in parafine wax far enough down to thoroughly cover the rubber. This is easily done by having a deep kettle of melted wax, reverse the jar, upside down, and dip in wax once or twice until

crevice around lid is well filled with wax. Fruit so treated keeps indefinitely.

Some cooks heat the sugar in a pan in oven before adding it to fruit juices.

RECIPE 896. CURRANT JELLY.

Wash and pick currants, removing any that are too ripe. Do not remove from stems. Put into agate kettle, cover with enough cold water to just show through fruit. Boil until fruit looks bleached. Crush fruit a little as it cooks. Pour fruit into flannel jelly bag to drain. Then put juice back into kettle and boil twenty minutes. Remove from fire, measure it, allowing one cup sugar for each cup juice. Stir sugar thoroughly into juice and boil until it "jells" from end of the spoon. Pour into freshly sterilized hot jelly glasses and let stand over night until it has set. Then cover with parafine wax or paper (see Rules at beginning of chapter).

RECIPE 897—CURRANT AND RASPBERRY JELLY.

Use equal parts of currants and raspberries and follow recipe for Currant Jelly.

RECIPE 898. APPLE JELLY.

Wash and cut stems from sour apples, quarter apples and put into granite kettle with just enough cold water to show through fruit. Boil until apples are tender enough to mash; strain off juice, first through a colander and then through a flannel jelly bag. Do not squeeze bag hard enough to get the pulp through or jelly will not be clear. Put juice back into kettle, let it boil for fifteen minutes, then measure it and allow one cup sugar to each cup juice. Stir sugar in thoroughly and simmer until juice "jells" from the spoon. Pour into sterilized glasses. (See Rules, beginning of this chapter.)

RECIPE 899. CRAB APPLE JELLY.

Wash apples, cut in half, follow directions for making Apple Jelly.

RECIPE 900. APPLE AND QUINCE JELLY.

Use sour apples and skins of quinces (reserve quince for preserves). Make like Apple Jelly.

RECIPE 901. BLACKBERRY JELLY.

Follow recipe for Currant Jelly, substituting blackberries for currants.

RECIPE 902. GRAPE JELLY.

Follow recipe for Currant Jelly, substituting grapes for currants, but remove grapes from stems. Fruit that is not too ripe is best. A few quince seeds adds firmness to jelly.

RECIPE 903. WILD PLUM JELLY.

Make like Currant Jelly; after straining save pulp to make Plum Jam (see Index).

RECIPE 904. DAMSON PLUM JELLY.

Wash plums, prick them several times, then follow recipe for Currant Jelly, but only allow three-fourths cup of sugar for each cup juice.

RECIPE 905. WILD GRAPE JELLY.

4 quarts wild grapes	3 sticks of cinnamon
1 quart vinegar	3 tablespoons cloves
12 cups sugar	whole

Boil grapes, vinegar and spices until grapes are tender; strain; boil twenty minutes, add sugar, boil until it "jells" from spoon.

RECIPE 906. MINT JELLY FOR ROAST LAMB.

$\frac{1}{2}$ cup vinegar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ tablespoon gelatine
$\frac{1}{2}$ cup chopped mint	

Cover gelatine with one tablespoon cold water. Boil mint, vinegar, sugar and salt for five minutes, add the soaked gelatine, stir until dissolved, strain through a cloth and if a beautiful green color is desired use a few drops of any good green fruit coloring. Pour into a jelly glass. Set away to get cold. Will keep several days.

RECIPE 907. APPLE MINT JELLY.

When making apple jelly reserve some of the juice and to each pint juice add $\frac{1}{2}$ cup chopped mint, boil five minutes, strain out mint and then proceed in regular way with apple jelly. Nice with cold meats.

LEMON JELLY CUBES FOR SALAD (see Recipe 534).

TOMATO JELLY FOR SALAD (see Recipes 479-480).

GENERAL DIRECTIONS FOR CANNED FRUITS.

Small fruits should be carefully picked over and then boiled in syrup. Hard-fibred fruits like pineapple and quinces should be pared and sliced, then boiled in water

until almost done before cooking them in syrup. For canning, first weigh fruit, then allow one-third its weight in sugar. For each cup sugar allow one-third cup water. Boil sugar and water ten minutes, then add part of fruit, cook until tender but not broken, fill jars with fruit, cover with syrup. Seal at once. Repeat until all the fruit is cooked.

RECIPE 908. CANNED PEACHES.

Pare peaches, cut in thin slices or in halves, boil in syrup (see General Directions for Canning) until clear and tender. A few peach kernels boiled with syrup is nice.

RECIPE 909. CANNED PEARS.

Pare, cut in halves or quarters, boil in water until almost done, then finish boiling in syrup (see General Directions for Canning).

RECIPE 910. CANNED QUINCES.

Follow directions for Canning Pears, substituting quinces for pears. Nice to use half apples and half quinces.

RECIPE 911. CANNED PINEAPPLE.

Follow directions for Canning Pears, substituting sliced pineapple for pears.

RECIPE 912. CANNED CHERRIES.

Cherries may be stoned or not as desired. Follow general directions for canning small fruits.

RECIPE 913. CANNED RASPBERRIES OR BLACKBERRIES.

Follow general directions for canning, cooking a small quantity at a time and being careful not to break fruit.

RECIPE 914. CANNED STRAWBERRIES.

Wash and hull berries, cook carefully in syrup. (See General Directions for Canning.)

RECIPE 915. CANNED PLUMS OR APRICOTS.

See directions for Canned Peaches.

CANNED VEGETABLES.

RECIPE 916. CANNED CORN.

Take tender young ears, cut kernels lengthwise with sharp knife, scrape pulp from the cob. Sterilize glass

jars, pack corn as tightly as possible into jars, pressing it down with handle of potato masher. Fill jars full, use fresh rubbers and screw on top. When jars are all full lay some hay or a thick cloth in bottom of clothes boiler, lay jars on their sides or let them stand up, as you choose. Cover jars with another cloth, place another layer of jars in boiler and cover them all with cold water. Bring to the boil and boil steadily for three hours. Do not let it fall below boiling point during that time. After three hours remove boiler from stove, let jars remain in boiler until water is cold. Then wipe them, wrap each jar in brown paper to exclude the light and put away in a cool, dark place.

RECIPE 917. CANNED PEAS.

Fill sterilized jars full of shelled peas. Shake down well to have as full as possible. Fill jars full of cold water, put on new rubbers and have lids sterilized. Cover and proceed as for boiling Canned Corn.

RECIPE 918. CANNED BEANS.

Fill jars with beans, follow process for Canned Peas.

JAMS AND PRESERVES.

For small family use jelly glasses for putting away jams and preserves, then there is not an open jar of fruit on hand until one is tired of that variety.

RECIPE 919. SPICED CHERRIES.

Add spices to taste to cherry preserves just before pouring into jelly glasses, about two teaspoons mixed spices for each quart of preserves. Delicious with game and poultry.

RECIPE 920. PLUM JAM.

After gently pressing out the juice from plums and using that juice to make jelly, take remaining pulp, add one-half cup water for each pint of pulp, let simmer five minutes, measure it, allowing one cup sugar for each cup fruit. Cook until thick, pour into jelly glasses, let cool, cover (see Directions for Covering Jellies).

RECIPE 921. SPICED PLUM JAM.

Follow directions for making Spiced Cherries. Delicious with poultry, game and lamb.

RECIPE 922. BLACKBERRY, RASPBERRY OR CURRANT JAM.

Mash fruit, measure one cup sugar for each cup fruit, stir sugar into fruit until well mixed. Simmer

slowly, stirring often to keep from burning. When fruit has a glossy, varnished look, it is done. Pour into jelly glasses, let stand till cold, then cover as in making jelly.

RECIPE 923. CHERRY PRESERVES.

Stem and stone cherries, add a very little water, let simmer five minutes, then measure one cup sugar for each cup fruit. Cook until tender; fruit has a varnished look. Put into jelly glasses, let cool, follow directions for covering jellies.

RECIPE 924. YELLOW TOMATO PRESERVES.

Select small yellow egg-shaped tomatoes, prick them well, add just enough water to show through fruit, boil until clear and tender, measure fruit, allowing one cup sugar for each cup fruit, boil until thick, cover carefully and keep in a dark, cool place. If great care is not taken they will not keep. A few whole cloves, boiled with preserves, adds to flavor; also a little Canton ginger is nice, cut into thin strips and cooked with tomatoes.

RECIPE 925. MELON PRESERVES.

Use rinds of ripe melons. Pare and cut in thin strips and cover with alum water (two teaspoons powdered alum for each quart water). Let come slowly to boil, simmer ten minutes, then drain and cover with cold water for two hours. Drain again, wipe each piece dry. Weigh fruit, make a syrup of equal parts sugar and water and for each cup fruit allow one cup syrup. Let syrup cook ten minutes, then add melon rinds and cook until tender. A few strips of Canton ginger is nice with these preserves, or a few whole cloves. Pour into jelly glasses and let cool. (See directions for Covering Jellies, beginning of chapter.)

RECIPE 926. ORANGE MARMALADE.

Choose smooth-skinned sour oranges, weigh them and allow three-fourths pound sugar for each pound oranges. Slice in very thin slices across oranges, remove seeds and pithy center, put in bowl and cover with two quarts water (or just enough to show through fruit), let stand thirty-six hours, then boil for two hours, then add sugar and boil until thick (about one hour).

RECIPE 927. ENGLISH RECIPE FOR ORANGE MARMALADE.

Take twelve large oranges and cut them in half. Remove the seeds and put them in a bowl. Cover with one pint of boiling water and let them stand overnight. Squeeze the orange juice into a bowl with as much of the

pith as will come away. Slice the peel into thin slices. Use all of the pulp as well as the peel. To every pound of fruit allow three pints of water, and let it stand overnight. Next day add the strained water from the seeds and boil until the peel is soft. Then weigh again and add one-half a pound of sugar to every pound of fruit. Boil again forty minutes, pour into jars and cover.

RECIPE 928. ORANGE AND LEMON MARMALADE.

Follow directions for Orange Marmalade, allowing one-third of sliced lemons.

RECIPE 929. ORANGE AND RHUBARB MARMALADE.

Follow directions for Orange Marmalade, allowing one-half orange and one-half rhubarb. Pare rhubarb and cut in one-inch pieces.

RECIPE 930. GRAPEFRUIT MARMALADE.

Follow directions for Orange Marmalade, substituting grapefruit.

RECIPE 931. QUINCE MARMALADE.

Pare quinces, cut in thin slices, boil in a little water until tender enough to mash, press through a fine sieve, measure. Follow directions for Orange Marmalade.

RECIPE 932. SPICED RHUBARB MARMALADE.

Wash and wipe skin, if necessary, of five pounds rhubarb; cut in half-inch pieces. Put into a preserving kettle with four pounds sugar. Add one and three-fourth cups vinegar, two teaspoons cinnamon and one teaspoon cloves and two small pieces green ginger root. Heat to a boiling point; then simmer until of the consistency of marmalade. Store in jelly glasses. Cover with parafine and seal.

RECIPE 933. HOME-MADE ROOT BEER.

Dissolve five cakes of dry yeast and three tablespoons of sugar in one pint of luke-warm water. Keep in a warm place for twelve hours, then stir well and strain through cheese-cloth, discarding the meal left in the cloth. Add the contents of a bottle of root beer extract, four pounds of sugar and five gallons of luke-warm water. Mix thoroughly and bottle. Tie or fasten corks very securely. Keep in a warm place for forty-eight hours, then cool and it is ready to use. Store the bottles in a cool place.

one quart vinegar. Boil twenty minutes and drain, then add:

1 tablespoon black pepper	1 tablespoon ground cloves
1 tablespoon allspice	1 tablespoon cinnamon
2 quarts vinegar	

Boil until tender, bottle while hot. Mustard seed, about one tablespoon for each quart of pickles, is nice, added just before bottling.

RECIPE 939. SWEET GREEN TOMATO PICKLE.

2 quarts green tomatoes	1 cup salt
1 quart onions	

Slice, then cover with salt, let stand over night in brine. In morning drain well, and cover with cold water for five minutes. Drain again and add vinegar to cover, two pounds brown sugar, one-fourth pound mustard seed, one tablespoon allspice, whole cloves and a few pieces stick cinnamon. Let cook until tomatoes and onions are tender. Bottle hot, or can be put away in jelly glasses like preserves.

RECIPE 940. PICKLED PEACHES.

Pare clingstone or freestone peaches and put them into stone jar and pour over them a syrup made by boiling together vinegar, sugar, cloves and cinnamon. For each pint vinegar one pound sugar, one teaspoon whole cloves. Allow enough vinegar to cover peaches, cover the jar. Each morning for nine mornings, pour off the syrup and scald it, then pour again over peaches. On ninth morning the peaches will be a delicate brown. Place them in glass jars, pour scalding syrup over them, seal tightly and put in a dark, cool place. One or two small sticks of cinnamon may be placed in each jar.

RECIPE 941. PICCALILI.

4 quarts chopped green tomatoes	6 large onions, chopped
	1 cup salt

Soaked together over night. In morning drain off and cover with one quart vinegar and two quarts water. Boil twenty minutes, drain well in a sieve, then put pickles back into kettle and add:

1 pound brown sugar	2 tablespoons ground ginger
½ pound mustard seed	
2 tablespoons ground pepper	2 quarts vinegar
2 tablespoons ground cinnamon	1 tablespoon ground cloves
	1 tablespoon allspice
½ teaspoon red pepper	

Boil together twenty minutes, stir frequently. Put pickles into glass jar, pour hot vinegar over them, seal tightly.

RECIPE 942. TOMATO CATSUP.

4 quarts tomato pulp	$\frac{1}{4}$ cup salt
2 onions minced fine	$\frac{1}{2}$ cup brown sugar

Boil together until thick, then strain through a sieve, working all the pulp through to extract seeds. Then add:

4 tablespoons mus-	1 quart vinegar
tard	2 tablespoons allspice
2 tablespoons black	2 tablespoons nutmeg
pepper	1 tablespoon ground
2 tablespoons cinna-	cloves
mon	1 teaspoon red pepper

Boil until thick, stirring often to keep from burning. Seal while hot.

RECIPE 943. TOMATO CHILI SAUCE.

18 large ripe tomatoes	6 large onions
3 red peppers	2 tablespoons salt
1 tablespoon each of	1 pound brown sugar
cinnamon, cloves	1 quart vinegar
and allspice	

Chop vegetables fine, add spices, sugar and vinegar. Let simmer until vegetables are tender and sauce is thick. Bottle and seal hot.

RECIPE 944. PICKLED ONIONS.

Select small button onions. Peel them and cook in slightly salted boiling water until tender. Remove from water, put into sterilized jars and cover them with boiling hot spiced vinegar. Seal tightly. Keep in a dark, cool place.

RECIPE 945. PEACH MARMALADE.

Weigh peaches, and allow three-quarters of a pound of sugar to each pound and a quarter of fruit. Put the fruit over the fire with a little of its own liquor, and boil, stirring often, until very soft. Take from the fire, chop the fruit, return it to the kettle with the sugar, and boil for fifteen minutes, add the juice of a lemon, cook for two minutes, and turn into glasses.

RECIPE 946. PICKLED PEACHES.

Pare peaches and weigh them. To three pounds of fruit, allow a generous pound of sugar, a cup of vinegar,

and a heaping teaspoon, each, of ground mace, cloves and cinnamon. Put spices into a thin muslin bag. Put fruit and sugar in alternate layers in a preserving kettle and bring slowly to a boil. Put bag of spices into the vinegar and pour this upon peaches. Bring again to the boil, take out fruit and put into jars while the syrup and vinegar cook hard for fifteen minutes, or until thick. Put hot syrup over peaches in glass jars and seal.

RECIPE 947. PICKLED PEARS.

Select small pears for this purpose. Pare and weigh and allow a half-pound of sugar to each pound of fruit. Put into a kettle with the sugar, moisten with a gill of water and proceed as with pickled peaches.

RECIPE 948. PICKLED PLUMS.

Weigh the plums, and allow a half-pound of sugar to every pound of fruit. For each pound of plums measure a gill of vinegar, and a saltspoon, each, of ground cinnamon, cloves and nutmeg, putting these into a bag. Put vinegar, with the spice bag in it, into preserving kettle with sugar, and, as soon as the boil is reached, lay in the plums. Bring to the boil again, take out fruit, put into jars and boil the syrup until thick, then pour over plums in jars with the hot syrup and seal.

RECIPE 949. TOMATO PICKLES.

Skin whole tomatoes. Cut into thick slices. Put into preserving kettle a quart of vinegar, three and one-half pounds of sugar, a half-ounce, each, of cinnamon and mace, and one ounce of cloves. Bring to boil, lay tomatoes in this syrup and cook for five minutes, remove, put into wide-mouthed jars, and boil the syrup for an hour, or until very thick. Fill jars with the spiced syrup and seal.

RECIPE 950. PICKLED CHERRIES.

Wash cherries and measure them. For every quart of fruit put into the preserving kettle a half-pint of vinegar and a heaping tablespoon of sugar, adding, when this boils, a dozen cloves and six blades of mace, broken into bits. Boil for five minutes, drop the cherries into the liquid and take from fire. Leave for twenty-four hours, drain out the cherries, put these into jars and boil up the vinegar again. Strain out the spices and allow the vinegar to get cold before filling the cherry jars with it. Seal and keep in a dark place.

RECIPE 951. SPICED PEAR PRESERVES.

Pare the pears, cut into long slices and weigh. For four pounds of fruit allow three pounds of granulated sugar, a quarter-pound of ginger root, sliced very thin, six whole cloves, and the juice of two large lemons. Put into the kettle a gill of water, the ginger root and cloves, the sugar and the peel of a lemon, cut into thin strips. As soon as the sugar is melted, lay in the pears, simmer for ten minutes, take out and put into jars, boil up the syrup, and, when thick, pour it over the pears, filling the jars to the brim. Seal at once.

RECIPE 952. BRANDIED PEACHES.

Pare the peaches, weigh these and allow for every pound of fruit one and one-half pounds of granulated sugar. Put the liquor from the peaches and the sugar over the fire together; when melted, lay in the peaches, and when the boil is reached, take from the syrup and put into glass jars. Boil the syrup for twenty minutes more, and add for every four pounds of fruit a pint of brandy. Stir this into the syrup just before taking from the fire, pour into the jars of peaches, letting it flow in over all, and fill the jars to the brim. Seal and keep in a dark place. Do not use for six weeks.

RECIPE 953. GOOSEBERRY CHUTNEY.

Pick over gooseberries and measure. To a quart of the berries allow two ounces of mustard seed, two ounces of ground ginger, two and one-half ounces of brown sugar, ten ounces of seeded raisins, three ounces of salt, three ounces of garlic, and a quart of vinegar. Chop the garlic, raisins and gooseberries together, putting them through a fine meat grinder to convert them to a paste. Add all the other ingredients and boil for three-quarters of an hour. Add enough tumeric to make a good color, turn into jars and seal.

COPIED FROM AN EXCHANGE.**RECIPE 953B. CANNED FRUIT COOKED IN THE OVEN.**

Grandmother says that cooking canned fruit in the oven is the method to be preferred. The work is easily and quickly done and the fruit retains its shape, color and flavor better than when cooked in the preserving kettle.

“Cover the bottom of the oven with asbestos, the kind plumbers use for covering pipes, as that is cheaper than the ordinary kind. However, if asbestos is not

until a little of it dropped from the spoon will form a soft ball in cold water. Remove it at once from the fire and set it away in the dish it cooked in to cool. Do not set dish in cold water but let it cool slowly. When cool (not cold) stir until it becomes a creamy mass. When you cannot stir it any more, because too hard, take it out and put on a marble slab or a board and knead thoroughly. The more you knead it the finer grained it will be. Set away in a bowl to stand for at least twenty-four hours and it will be all the better if it stands two or three days. It will keep a week. Keep covered with a damp cloth. If it should become grainy in cooking add a little more hot water and let it cook again. Fondant can be colored as desired by use of the fruit colorings which all reliable grocers now have on sale. A few drops is all that will be required. Flavoring may be added as desired.

When ready to use it can be divided into different parts, each part having a different color or flavoring. Shape into balls and let stand until the next day. For chocolate creams melt some bitter chocolate in a double boiler. Use a long wire hatpin to dip the balls under the chocolate. Set them on buttered paper to dry. For English walnut creams, shape the fondants in rather flat pieces and place a half walnut on either side.

RECIPE 955. AFTER DINNER MINTS.

Put some of the fondant into a double boiler, let it melt, add a few drops of any flavoring desired, oil of cloves, cinnamon or wintergreen. Be careful not to use too much. The fruit coloring may be added to match any color scheme for the dinner or luncheon. When essence and coloring is in the fondant let the mixture drop from end of the spoon onto buttered paper.

RECIPE 956. NUT CREAMS.

Melt some of fondant in a double boiler, use a wire hatpin or skewer, dip nut under the melted fondant, set it on buttered paper to dry. Brazil nuts, almonds, pecans, English walnuts, filberts—all may be treated in this way.

RECIPE 957. FRENCH BONBONS.

Take part of fondant mixture and work into small balls and set away until next day to dry. When ready to finish them melt some of the fondant (which you reserved in bulk form) in a double boiler. Use a wire skewer or hatpin, take each ball, dip into melted fondant and set on buttered paper to dry.

RECIPE 958. BLACK WALNUT PANOUCHI.

4 cups light brown sugar	1 cup chopped walnut meats
½ cup milk (or cream)	

Boil sugar and cream together for five minutes after it strikes the boiling point. Add walnut meats, boil three minutes, remove from fire and beat until it begins to cream. Pour on buttered pans.

RECIPE 959. TURKISH DELIGHT.

Soak one ounce sheet gelatine in one-half cup cold water for two and a half hours, with a pinch of salt.

For the syrup:

2 cups sugar	½ cup orange juice
½ cup cold water	3 tablespoons lemon juice
Grated rind 1 orange	

Bring sugar, water and grated rind of orange to the boiling point, then add the soaked gelatine, stir well and let simmer for twenty minutes. Then add orange and lemon juice. Strain into pans that have been rinsed with cold water. Pour mixture in to the depth of about an inch. When cold cut into cubes and roll in powdered sugar. This makes one panful in an eight-inch cake pan.

RECIPE 960. MINT DELIGHT.

2 tablespoons lemon juice	4 drops oil peppermint
4 tablespoons thick sugar syrup	Few drops green fruit coloring
	Pinch salt

Add the above to the recipe for Turkish Delight.

RECIPE 961. BOLOGNA CANDY.

1 cake sweet chocolate	1 cup chopped walnuts
White 1 egg	

Put chocolate to melt in a double boiler. Beat white of egg to a stiff froth, add to it the melted chocolate, stir well and add the one-half cup chopped walnuts. Mould into a long shape like a bologna sausage. Slice it off in pieces.

RECIPE 962. UNCOOKED CREAM CANDY.

Put white of an unbeaten egg into a wineglass or small dish. Take an equal amount of sweet cream. Mix them well together, then slowly add enough confectioner's sugar to make a paste to handle easily. Take a small amount of the paste, about a teaspoon, and shape it as desired. It can be made into a flat shape about the size of a quarter and one-half a walnut on either side.

Another way to use it is to blanch some almonds, and surround each almond with some of the candy paste. Take a liberal amount, add to it some chopped nuts, Maraschino cherries, pineapple, citron cut in very thin slices. Work this all together into a round roll, then cut across in slices.

Dates stoned and stuffed with this paste are delicious. Strips of figs may be surrounded by the paste, or a round ball of paste made and a piece of fig placed on either side. If flavoring is desired add it to the egg and cream before adding the sugar. The paste dries quickly and it must be worked up rapidly. If different colors are desired add a few drops of fruit coloring to the cream before adding the sugar.

RECIPE 963. CHOCOLATE CARAMELS.

1 cup sugar	1 cup grated bitter
1 cup molasses	chocolate
1 cup milk	1 teaspoon vanilla
3 level tablespoons butter	

Boil all together until it hardens when dropped from the tip of spoon in cold water. Pour into well-buttered pans. Let harden. Cut in squares.

RECIPE 964. CHOCOLATE FUDGE.

2 cups sugar	1 level tablespoon butter
1 cup sweet milk (or cream)	$\frac{1}{4}$ pound bitter chocolate
	1 teaspoon vanilla

Stir constantly from time it begins to boil. As soon as it forms a soft ball when dropped into cold water remove from fire and beat until it grains, then pour it onto buttered pans and mark off into squares.

RECIPE 965. PEANUT FUDGE.

2 cups granulated sugar	2 teaspoons peanut butter
	$\frac{1}{2}$ cup milk

Let boil five minutes, then remove from fire and when cold stir until it is thick. Pour on buttered plates and mark off into squares.

RECIPE 966. DIVINITY FUDGE NO. 1.

2 cups granulated sugar	$\frac{1}{2}$ cup boiling water
	Whites 2 eggs
$\frac{1}{2}$ cup Karo syrup	1 cup nuts

Boil first three ingredients together until the syrup forms a soft ball when dropped into cold water. Beat eggs to a stiff froth, pour half syrup over eggs, beat well.

Put other half of syrup back on fire and let it cook until it forms a hard ball in cold water. Then pour this syrup over the eggs and beat until cold. Add the chopped nuts when fudge is about half cold.

RECIPE 967. DIVINITY FUDGE NO. 2.

5 cups sugar	Whites 3 eggs
Water to moisten	1 cup chopped nuts
1 ½ cups glucose	1 teaspoon vanilla

Put sugar with just enough water to moisten on the gas stove, add one and one-half cups glucose, let it boil. Beat whites of eggs to a stiff froth and add to them one tablespoon glucose. As soon as syrup boils dip out three tablespoons and pour over the whites of eggs and stir well. Let syrup continue to boil until it forms a soft ball when dropped into water, then pour it over the whites of eggs and beat until it thickens. Add nuts and vanilla. Pour onto buttered plates and mark into squares.

RECIPE 968. CHOCOLATE DIVINITY FUDGE.

If Chocolate Divinity is desired, melt enough bitter chocolate to make two tablespoons. Add this to the boiling syrup, making the recipe for either No. 1 or No. 2 Divinity.

RECIPE 969. MAPLE FUDGE.

2 cups maple sugar	¾ cup milk (or cream)
¼ cup boiling water	1 level tablespoon butter

Melt sugar with boiling water, add cream. Boil until it forms a soft ball when dropped into cold water. Keep it stirring constantly. When creamy, pour onto well buttered pans. Mark into squares.

RECIPE 970. MAPLE NUT FUDGE.

Any desired nuts may be added to the fudge when beating it to a cream. Use about a cup.

RECIPE 971. MOLASSES TAFFY.

4 cups New Orleans molasses	2 tablespoons vinegar
1 ½ cups sugar	6 level tablespoons butter

Stir melted butter, molasses and sugar well together before putting on the fire. Let simmer until it is brittle when dropped from the end of the spoon into cold water. Watch carefully that it does not scorch. It will need constant stirring at the last. Just before removing from fire add the vinegar. Pour onto buttered pans, let it

RECIPE 976. PEANUT CANDY.

1 pound brown sugar	4 tablespoons butter
1 cup Karo	$\frac{3}{4}$ pound shelled
1 cup water	peanuts

Boil sugar, Karo and water till it is crisp when dropped in cold water. Just before taking from the fire add the butter and the nuts. Pour into a well-buttered tin.

RECIPE 977. BUTTER CANDY.

2 cups sugar	1 tablespoon vinegar
1 cup Karo	2 tablespoons butter
2 tablespoons hot water	

Boil all except the butter, which should be added when nearly done, until brittle in cold water. Pour into buttered tins.

RECIPE 978. KARO BUTTER SCOTCH.

1 cup sugar	1 teaspoon vinegar
1 cup Karo	$\frac{1}{2}$ cup butter

Boil all together until it becomes instantly brittle when dropped in cold water. Pour thinly onto buttered pans. If desired to mark in squares it must be done at once, as it cools immediately.

RECIPE 979. KARO SEA FOAM.

3 cups sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup Karo	1 cup chopped nuts
$\frac{2}{3}$ cup water	1 teaspoon vanilla
Whites of 2 eggs	

Boil sugar, water and Karo till it forms a soft ball in cold water. Pour slowly onto the whites of the eggs beaten with the salt. Continue to beat till nearly stiff enough to hold its form, add the nuts and flavoring and turn into brick-shaped bread tins. When cold turn onto waxed paper and cut in squares.

RECIPE 980. KARO WAFERS.

2 $\frac{1}{2}$ cups sugar	$\frac{1}{4}$ cup Karo
$\frac{1}{2}$ cup water	

Boil together without stirring to form a soft ball in cold water and turn onto a buttered platter. Do not add scraping from saucepan. When cool enough to dent, work with a wooden spoon or paddle until creamy and firm. Cover closely with a bowl and stand thirty minutes, when it should be kneaded like bread. Put the "loaf" into a double boiler and add one teaspoon vanilla.

It will soon soften to a thick cream. When thin enough to drop from a spoon, make rounds on waxed paper. If too stiff, a very little hot water may be added (teaspoon at a time) while the mass is in the double boiler. If desired omit vanilla and add any other extract, or a few drops of peppermint.

RECIPE 981. CHOICE KARO CARMELS

2 cups granulated sugar	1 cup butter
1 $\frac{3}{4}$ cups Karo	1 teaspoon vanilla
2 cups cream	1 cup chopped nuts

Cook sugar, Karo, half the cream and butter together. When it boils, stir in the rest of the cream, but do not allow boiling to cease. Test for a firm ball in cold water. Add vanilla and nut meats. Turn into buttered tin. When nearly cold, cut in cubes and wrap in waxed paper. The boiling sometimes requires nearly an hour, but when carefully made these caramels cannot be excelled.

RECIPE 982. WALNUT CARMELS.

2 pounds brown sugar	4 tablespoons butter
1 cup Karo	6 squares bitter
1 cup milk	chocolate
	$\frac{1}{2}$ pound walnuts

Put all the ingredients except the nuts into a saucepan and bring slowly to the boiling point. Continue to boil till 240° F. on sugar thermometer is reached. Add the chopped nuts and turn into buttered tins. Mark in squares when cold.

RECIPE 983. KARO CREAM CARMELS.

1 cup cream	4 tablespoons butter
$\frac{1}{3}$ cup Karo	2 tablespoons flour
$\frac{3}{4}$ cup sugar	2 tablespoons Kings-
1 teaspoon vanilla	ford's cornstarch

Put sugar, Karo and half the cream into saucepan and stir constantly till it boils; add the rest of the cream slowly. Do not let boiling cease. Cook till a soft ball forms in cold water. Add the flour, cornstarch and butter creamed together, and continue to cook till a firm soft ball forms in cold water. Turn into buttered tins, and mark in squares when cool. Nuts may be added if desired.

CHAPTER XXII

Sandwiches.

Sandwiches are best made from bread which bakers call sandwich bread. Have butter soft enough so that it will cream well before beginning to make sandwiches. Crusts can be left on or removed as preferred, but usually they are removed. Spread the butter smoothly over the uncut slice of bread, then cut off the slice, butter loaf again and cut off slice, continuing this process until as many slices are cut off as required. Have the bread cut as thinly as possible. It should be bread one day old to cut well. Spread slices with any of the mixtures found in the recipes for sandwiches. If the sandwiches are to be carried, it is well to wrap each one in a parafine paper cover. If a large number are prepared for an entertainment place them in a deep bowl, dip a clean cloth in hot water, wring as dry as possible and lay it over the bowl. Brown bread, rye bread and whole wheat bread are used as well as white bread. One slice of white bread and one of some other kind is frequently used.

RECIPE 984. SUGGESTIONS FOR DIFFERENT COMBINATIONS FOR SANDWICH FILLINGS.

No. 1.—Hard boiled eggs, minced olives or pickles, mayonnaise to make a paste.

No. 2.—Hard boiled eggs, minced sardines, lemon juice, leaf of lettuce.

No. 3.—Minced chicken, pickle or olives, lettuce.

No. 4.—Neufchatel cheese, minced nuts.

No. 5.—Neufchatel cheese, minced olives.

No. 6.—Neufchatel cheese, sliced olives, mayonnaise, lettuce.

No. 7.—Neufchatel cheese, minced pimientos, salt and pepper.

No. 8.—Neufchatel cheese, minced green peppers, paprika and salt to taste.

No. 9.—Rye bread, limburger cheese, bologna sausage slices.

No. 10.—Cream cheese, minced cucumbers, salt, paprika, lemon juice.

No. 11.—Cream cheese, minced nuts, lettuce leaf.

No. 12.—Roquefort cheese, brandy, Worcestershire sauce, rubbed to a paste.

No. 13.—Roquefort cheese, caviare, Worcestershire sauce, lettuce leaf.

No. 14.—English walnuts minced, mayonnaise, brown bread.

No. 15.—English walnuts minced, chopped figs, a little sweet cream.

No. 16.—English walnuts minced, chopped dates, sweet cream.

No. 17.—English walnuts minced, chopped preserved ginger, sweet cream.

No. 18.—English walnuts minced, salted, put between brown bread.

No. 19.—English walnuts minced, chopped raisins, cream.

No. 20.—Fried oysters, few drops lemon juice, mayonnaise, paprika, lettuce leaf.

No. 21.—Caviare, chopped onions, lemon juice, paprika, toasted bread.

No. 22.—Caviare, lemon juice, paprika, make a paste, spread on white bread.

No. 23.—Shad roe, parboiled in salted water, mayonnaise, shredded lettuce.

No. 24.—Shad roe, fried, mashed, lemon juice, paprika, lettuce leaf.

No. 25.—Sardines mashed, boned, hard boiled egg, salt, paprika, lettuce leaf.

No. 26.—Sardines mashed, boned, minced parsley, hard boiled egg, salt, paprika.

No. 27.—Sardines mashed, boned, crisp bacon crushed, lemon juice, lettuce leaf.

No. 28.—Lobster minced, chopped celery, mayonnaise, lettuce leaf, paprika.

No. 29.—Sliced hard boiled eggs, salt, paprika, nutmeg, mayonnaise, lettuce.

No. 30.—Fried eggs minced with crisp bacon, lettuce leaf.

No. 31.—Hard boiled eggs run through chopper with pickles, salt, pepper, lettuce leaf.

No. 32.—Cold firm sliced tomatoes, lemon juice, salt, paprika, lettuce leaf.

No. 33.—Chopped firm tomatoes, English walnuts, green pepper, salt, paprika.

No. 34.—Chopped tomatoes green peppers, onions, salt, pepper, few drops lemon juice.

No. 35.—Chopped olives, green pepper, pimiento, celery, salt, pepper, brown bread.

No. 36.—Chopped olives, fried chicken livers, salt, pepper, paprika.

No. 37.—Chopped olives, few capers, mayonnaise, paprika, lettuce leaf.

No. 38.—Leaves of watercress, thin slices of radish dipped in French dressing.

No. 39.—Chopped apples and celery, mayonnaise to mix them, spread on white bread.

No. 40.—Chopped apples, celery, sliced green grapes, French dressing.

No. 41.—Minced cold roast beef, tomato catsup, pepper, salt, little vinegar.

No. 42.—Minced boiled beef, lettuce, beet, pickle, salt, pepper.

No. 43.—Sliced boiled beef, horseradish, paprika, lettuce, salt.

No. 44.—Minced peanuts, boiled ham, chopped celery, mayonnaise, lettuce.

No. 45.—Minced fried calves' liver, crisp bacon, tomato catsup, brown bread.

No. 46.—Cold boiled tongue, hard boiled eggs, tomato catsup, lettuce.

No. 47.—Cold roast pork, minced celery, Worcestershire sauce, brown bread.

No. 48.—Cold cooked chicken, grated sharp cheese, mustard, sweet cream, salt, pepper.

No. 49.—Sliced roast chicken, horseradish, pepper, salt, lettuce.

No. 50.—Minced Maraschino cherries, cream cheese, maple syrup, brown bread.

When mayonnaise or sweet cream is mentioned, use just enough to moisten the mixture to a paste. When mayonnaise and lettuce leaves are mentioned dip the leaf in the mayonnaise, and spread the other mixture on the leaf.

RECIPE 985. TOMATO SANDWICHES.

Skin whole tomatoes, and cut in thick slices. Make a French dressing, and dip each slice into it, then lay on a lettuce leaf between slices of Boston brown bread.

RECIPE 986. TOMATO AND PEANUT SANDWICHES.

Drain the liquor from canned tomatoes and chop enough of them to make a small cup of tomato pulp. Work this into the contents of a jar of peanut butter, adding salt to taste. Spread between thin slices of bread.

RECIPE 987. SALMON SANDWICHES.

Drain a can of salmon, remove the bones, and flake the fish very fine. Dip a lettuce leaf in mayonnaise dressing, lay it on a thin slice of buttered bread from which the crust has been cut, put a layer of the flaked salmon on this, cover with another lettuce leaf, and put on the upper half of the sandwich.

RECIPE 988. SPINACH SANDWICHES.

Drain the liquid from cooked spinach very dry, pressing out all moisture. When cold, chop the spinach as fine as possible, seasoning with a little mayonaise and pickled cucumber, minced into tiny bits. Spread between buttered bread slices.

RECIPE 989. SPINACH AND ANCHOVY SANDWICHES.

Drain spinach as directed above, squeezing out every drop of juice after boiling. While hot, beat into a cup of spinach a heaping tablespoon of melted butter, salt to taste, and a dash of white pepper. Rub in now a tablespoon of anchovy paste, or an equal quantity of boned and chopped anchovies. If the paste is used, do not put the suggested salt into the spinach. When you have a smooth paste, spread it on the crustless slices of bread.

RECIPE 990. GREEN PEA AND EGG SANDWICHES.

Drain a cup of canned green peas and cover with salted, boiling water. Cook until soft, drain and rub to a smooth paste with the yolks of two hard-boiled eggs. Season with salt, pepper, and melted butter and spread between thin slices of white bread.

RECIPE 991. FRUIT SANDWICHES.

Mix together three tablespoons of canned cherries—stoned and chopped fine, the same quantity of canned and grated pineapple, and a tablespoon of canned and minced apricots. Drain all the fruits dry from the liquor in which they were canned, and mix with a tablespoon of very thick, clotted cream. Spread between thin crackers, and serve at once.

RECIPE 992. FRUIT PRESERVE SANDWICHES.

Any preserved fruit can be combined with a layer of Neufchatel, cream, or cottage cheese, or the stiffly beaten white of an egg can be mixed with jam or preserves and spread on the sandwich.

RECIPE 993. CLUB SANDWICHES.

For each sandwich three slices of toast are used. Each slice nicely buttered, then on one slice a very thin layer of cold boiled ham is laid, on this ham a very thin slice of sour cucumber pickle. Then another piece of toast, and on this lay a very thin slice of cold roast chicken or turkey. On this place the third slice of toast. Each slice slightly seasoned with salt and pepper.

In every case the foundation is the toasted bread.

With these sandwiches can be used the following combinations:

No. 1.—Cold chicken, fried ham, lettuce, mayonnaise, toast.

No. 2.—Cold chicken, fried bacon, lettuce, a slice of tomato, mayonnaise, toast.

No. 3.—Cold turkey, fried ham or bacon, a slice of tomato or sour pickle, toast.

Always serve a slice of pickle, cut lengthwise of the pickle, and an olive or two on the plate with club sandwich.

RECIPE 994. MINCED HAM SANDWICHES.

Take any of the least desirable cuts of cold boiled ham and mince very fine. To this add enough cold boiled salad dressing to make a thick paste. This can be used at once or placed in a glass jar which is airtight. It will keep a long time. This is a good way to use up any left-over ham, fried or boiled.

RECIPE 995. DEVILED EGG SANDWICHES.

Boil eggs until hard. Remove from shells, take out yolks and mash them with a very little butter or oil. Season very highly with salt, pepper, paprika, Worcestershire sauce, vinegar and mustard. Rub until a smooth paste. Chop the whites of eggs, add to yolk mixture and spread on the slices of bread. A little minced ham, or a sardine or two, or a green pepper, or a pimiento or some sharp grated cheese can any one of them be added to the yolk mixture and thus get a different combination. Sour cucumber pickles or olives are also nice.

CHAPTER XXIII

Breads and Breakfast Breads

BREAD BAKING.

Every woman who makes bread seems to be a law unto herself. If ten women were gathered together I venture to say that each one would have her own way of making bread, which would vary a little from any other method. In the Middle West and Eastern states where the flour is made from hard wheat the process differs slightly from that which must be used in the Northwest or any locality where there is a great percentage of soft wheat used in the flour. Some flours are composed entirely of soft wheat. This requires less kneading and less liquid in the mixing. Each special blend of flour must vary a little in the manner of handling, so no absolute hard and fast rules can be given for the exact amount of liquid, flour or necessary kneading. This can only be learned by carefully following the general rules for bread making and then modifying them to suit the locality, and the flour used.

GENERAL RULES FOR BREAD BAKING.

The shorter the process from yeast to oven, the less danger there will be in having poor bread. Different qualities in flours require different handling. When bread is sour, the dough has stood too long and too much fermentation has taken place. This never occurs when a short process of bread making is used. Personally, I have abandoned all other processes and use only the "Two Hour" Bread. See Recipe 1003. The yeast sponge used in this process will keep several days and affords an opportunity for having many different kinds of "sweet bread" rolls and cakes within an hour of mixing the eggs, sugar, spices and fruits with the sponge. This is an advantage as it saves several hours' time.

For Sweet Bread Dough take one cup of the sponge, add $\frac{1}{4}$ cup sugar, 2 tablespoons shortening, 2 well beaten eggs, a cup of the desired fruits and 1 teaspoon of spice; add enough flour for a moderately soft dough. Read Recipes 1015, 1020, 1021, 1022, 1023. They will tell you how to knead, shape and bake the different styles of Sweet Doughs.

Dough should be thoroughly mixed with a perforated spoon before kneading.

Make small loaves and bake well.

If your dough is not light and spongy enough, give your dough more age; if too much so, take it younger.

Cold and salt check fermentation; salt retards yeast, but helps control undesirable acids; heat hastens it. Sugar is food for yeast and helps it to bud and grow.

If you use the "over night" process of bread making keep dough well covered to prevent crust from forming; a tin pan or earthen dish covered over bowl containing dough is better than a cloth or paper.

Bread is ready for the oven when the dent produced by pressing the finger on loaf will remain.

Bread and rolls should be set in a place only moderately warm. If dough becomes chilled, bread will be heavy, slow and coarse. If too warm, it will be coarse, dark and probably sour.

Let dough double in size before baking; this should require one hour.

If for any reason, dough has soured, a teaspoon of soda dissolved in a little water will help it, but will not bring back the sweet flavor home-made bread should have.

RECIPE 996. SPONGE FOR TWO HOUR BREAD.

This recipe will make three loaves and a pan of rolls.

3 medium sized potatoes	2 tablespoons sugar
	1 tablespoon salt
1 quart boiling water	2 tablespoons shortening
$\frac{1}{2}$ pint tepid water	
1 cake yeast (dry or compressed)	$\frac{1}{4}$ cup flour

Pare and put the potatoes into boiling water to cook tender. Put yeast cake into $\frac{1}{2}$ pint tepid water. When potatoes are tender enough to mash, pour off the potato water and measure it. There should be one pint. If there is less add enough more water to make it one pint. Put this potato water into a deep bowl and to it add the salt, sugar and lard. Let stand until lukewarm, then add the $\frac{1}{2}$ pint of yeast water and $\frac{1}{4}$ cup of flour. Stir the flour in till smooth. Set away in a moderately cool place for 12 hours, although it can stand a week and will not spoil.

TO MAKE TWO HOUR BREAD.

(Sponge Method)

When sponge has stood twelve hours and you are ready to make the bread, use a $\frac{1}{2}$ -pint measuring cup. For each loaf of bread of medium size, allow one cup of the sponge. If larger loaves are desired take one and

one-half cups yeast sponge for each loaf. Do not add anything to the sponge but flour. Simply put sponge into a bowl and begin shaking in flour, beating it in hard with a perforated spoon. When you can no longer stir it, put it out on bread board, work in more flour, kneading it well, until dough does not stick to hands or board. Cut it into desired number of loaves, working each loaf smoothly into shape. Have greased bread pans ready and put loaves into pans to rise. They should not more than half fill pans. Grease top of loaves and set in warm place away from drafts. They will rise in from 45 minutes to 1½ hours (varies with different atmospheres and temperatures). When nice and light—doubled in bulk and up to top of pans, bake in a moderately hot oven 15 minutes, when loaves should have risen to full height—then lower the heat a little for 15 minutes, when loaves will brown. Bake 15 minutes more with low heat to thoroughly cook loaves to center. When loaves give out a hollow sound when rapped, remove from pans. Let cool (out of drafts) before putting away in bread box.

RECIPE 997. QUICK PARKER HOUSE ROLLS NO. 1.

1 cup two-hour yeast sponge
 Flour to make soft dough
 1 tablespoon melted shortening

Work the flour into the yeast sponge for about five minutes. Roll out on a bread board with the rolling pin. Cut out each roll with a large-sized biscuit cutter. Spread lightly with lard or butter, fold over like a pocketbook. Set to rise till very light—bake 20 minutes in moderate oven.

RECIPE 998. PARKER HOUSE ROLLS NO. 2.

For one pan of Parker House rolls, reserve a sufficient amount of the dough (Recipe 1009 or 1014). For a small family a lump of dough the size of your two fists will be enough. Set dough away in a very cool place until an hour and a half before you want the rolls. Then work about two tablespoons of shortening into the dough, flour the bread board, roll out the dough to depth of one inch with the rolling pin. See Recipe 997 for cutting, shaping and baking rolls.

RECIPE 999. QUICK TEA-ROLLS.

1 compressed yeast-cake	3 cups bread-flour
½ cup scalded milk	2 tablespoons lard or
½ cup tepid water	butter
1 tablespoon sugar	½ teaspoon salt

Add shortening to milk and let cool till lukewarm. Dissolve yeast and sugar in the water, combine mixtures, beat in half of the flour, whipping till very smooth, then add the balance together with the salt. Knead thoroughly. Take pieces dough size of hen eggs, work into round balls, grease over the top, place in greased pans. Set to rise in a warm place for about two hours, and bake fifteen minutes in a moderate oven. This makes two dozen small rolls.

RECIPE 1000. SWEET POTATO ROLLS.

1 pint milk	1 compressed yeast cake
1 pint flour	1 tablespoon shortening
4 baked sweet potatoes	1 teaspoon salt

Scald milk and when lukewarm add yeast, moistened, the salt, shortening and sufficient flour to make a batter. Beat well and stand in a warm place two hours. When the potatoes are done, press them through a sieve, add them to the light bread mixture, and add sufficient flour to make a soft dough. Knead carefully, cover and stand aside until very light. Form quickly into rolls and place in greased pans. Stand aside for one hour. Bake in a quick oven twenty minutes.

RECIPE 1001. QUICK NUT BREAD.

Three cups bread flour, four teaspoons baking powder, one teaspoon salt, one-half cup sugar, one-third cup shortening, one and one-half cups sweet milk, one egg and yolk of another, one cup pecan nut meats broken in pieces. Mix and sift flour, baking powder and salt. Rub in shortening with tips of fingers, add sugar, beaten egg and milk slowly, stirring constantly until mixture is smooth. Add nut meats dredged with one-fourth cup of flour. Turn mixture into a buttered brick-shaped bread pan, let rise twenty minutes. Bake one hour in a moderate oven.

RECIPE 1002. QUICK SPONGE NUT BREAD.

For one cup sponge (see 996) add one cup chopped nuts, work them in with enough flour to make a dough that will not stick to board. Put in square pan, let rise till double in size. Bake one hour.

RECIPE 1003. NUT BREAD NO. 2.

1 cake Fleischmann's yeast	$\frac{1}{3}$ cup sugar
1 cup milk, scalded and cooled	2 tablespoons shortening
1 tablespoon sugar	White of one egg
3 cups sifted flour	$\frac{3}{4}$ cup chopped wal-nuts
	$\frac{1}{2}$ teaspoon salt

Dissolve yeast and one tablespoon sugar in lukewarm milk, add one and one-fourth cups flour and beat thoroughly. Cover and set aside in warm place fifty minutes, or until light. Add sugar and shortening, creamed, white of egg beaten stiff, nuts, remainder of flour, or enough to make a dough, and the salt. Knead well. Place in greased bowl. Cover and set aside for about two and one-half hours to rise or until double in bulk. Mold into a loaf or small finger rolls, and fill well greased pans half full. Protect from draft and let rise until light—about one hour. Loaf should bake forty-five minutes, finger rolls six to eight minutes.

This recipe will make one medium sized loaf, or one dozen rolls.

RECIPE 1003B. SANDWICH ROYALE.

Remove all of the crust from a loaf of bread, then cut the loaf the long way of the loaf into five or six slices. Butter each slice. Now on each slice place a different sandwich mixture. These mixtures can be varied, but the following makes a nice combination:

1st slice deviled ham	OR
2nd slice minced chicken	1st slice minced olives and cheese
3rd slice canned pimientoes	2nd deviled egg
4th slice lettuce	3rd canned pimientoes
	4th any cold meat minced

With the exception of the pimiento, which is laid on slice without chopping, all the other ingredients are mixed with mayonnaise to make a paste that will spread on.

Place the long slices (each spread with a mixture) one on top of another (just as in a layer cake). The top slice is turned with butter side down as in any sandwich. Press the loaf gently together to squeeze out superfluous filling, then place sandwich loaf between two plates for half an hour to press well together.

When ready to serve slice down as you do a layer cake, making slices about a half inch thick. Always have the pimiento in the center of the sandwich. The different fillings varying in colors please the eye as well as the palate. These sandwiches are not practical for packing, as they fall apart too easily, but for dainty home serving are very nice.

RECIPE 1004. DATE BREAD.

1 cup warm wheat mush	$\frac{2}{3}$ cup walnut meats $\frac{2}{3}$ cup dates
1 teaspoon salt	1 cup yeast sponge
$\frac{1}{3}$ cup sugar	See Recipe 1003
1 tablespoon shortening	

Flour to make a moderately stiff dough

Use the sponge in usual way, adding the warm mush. When kneading down the dough into loaves, work in the chopped nuts and dates. This recipe is suitable for a small family.

RECIPE 1005. RAISIN BREAD.

Work in two cups of Sultana raisins when kneading loaves ready for pans.

RECIPE 1006. WHOLE WHEAT BREAD.

Use the sponge from Recipe 996. Add whole wheat flour to make dough just easy to handle well. Follow directions for making the loaves, baking, etc., from the recipe for Two-Hour bread, Recipe 996. If desired, one-fourth cup molasses may be added to the sponge before adding the flour.

RECIPE 1007. GRAHAM BREAD.

Follow Recipe 996, substituting graham flour for white flour. Add one-fourth cup molasses to the sponge before adding the flour to make the dough into loaves. If some white flour is desired instead of all Graham use two-thirds of Graham and one-third of white flour.

RECIPE 1008. SOFT GRAHAM BREAD.

One and a half cups of warm water, three tablespoons of molasses, two tablespoons of fat, two teaspoons of salt, one-half yeast cake, dissolved in one-quarter of a cup of lukewarm water, one and a half cups of white flour and three cups of graham flour.

Combine the first four materials while warm. Add the dissolved yeast. Beat in the combined flours. Stand till double in bulk. Beat again. Put in two greased pans, let dough double again and bake one hour in moderate oven.

RECIPE 1009. MILK BREAD (OVER NIGHT).

Scald 1 pint sweet milk	$\frac{1}{4}$ cup sugar 1 yeast cake dissolved in
3 tablespoons shortening	$\frac{1}{4}$ cup tepid water
2 teaspoons salt	6 cups sifted flour

Scald milk with shortening, sugar and salt. When it becomes lukewarm add dissolved yeast cake, add enough flour to make a stiff sponge. Set away over night out of draughts in a warm place. In morning work down with enough flour to make a dough that will not stick to board. Set in greased bowl to rise. When light work down into loaves. Put into greased pans, let double in bulk. Bake forty-five minutes.

RECIPE 1010. RYE BREAD.

1 cup boiling water	$\frac{1}{3}$ cup brown sugar
1 cup scalded milk	$\frac{1}{4}$ yeast cake dissolved in
1 tablespoon lard	$\frac{1}{4}$ cup tepid water
1 tablespoon butter	3 cups flour
1 $\frac{1}{2}$ teaspoons salt	Rye meal to make a dough to knead

Add lard, salt, sugar and milk to the boiling water. When it is lukewarm, add yeast water, then flour. Follow directions under Recipe 1014 and let sponge rise. When ready to work down the sponge, add enough rye meal to make a dough stiff enough to knead well. Work it about twenty minutes and set it away to rise. When light and spongy work down into loaves, set again to rise. When light, bake it until it is done—about forty-five to sixty minutes.

RECIPE 1011A. GERMAN RYE BREAD.

In a quarter cup of lukewarm water, to which you have put a small teaspoon of white sugar, dissolve half a cake of yeast. Turn this into a wooden bread bowl with a pint of lukewarm water, a heaping teaspoon of salt and one of caraway seed and two cups of rye flour. Stir well and let it rise in a warm place for two hours. It should be full of bubbles when ready to work. Put with it sufficient rye flour to make a very stiff dough, work it hard for ten minutes, let it rise two hours more and knead again—this time on a floured board. Put the loaves in pans and when they have risen so that they begin to crack on the surface dip your hand in cold water, wet the loaves and put them in the oven. Bake an hour, and do not open the door until the bread has been in ten minutes. The oven should be very hot at first. Cover the bread with paper as soon as it is brown on top.

RECIPE 1011B. SALT RISING BREAD.

First Part.

1 pint luke warm water	3 tablespoons corn meal
1 teaspoon salt	33 level tablespoons flour

To luke warm water add the salt, corn meal and 30 tablespoons sifted flour. Beat very smooth. Sprinkle 3 more tablespoons sifted flour over this mixture and let stand in warm place five hours. By that time clear water will have risen to the top, drain this off, throw it away. Beat the mixture that is left thoroughly. Set away for one hour, when it should be very light and frothy.

Second Part.

1 pint luke warm milk $\frac{1}{2}$ teaspoon salt
3 tablespoons shortening 10 cups flour

Sift into a mixing bowl 10 cups flour and $\frac{1}{2}$ teaspoon salt. Make a "well" in the center; pour in the yeast (First Part), then add the pint luke warm milk. Stir well with a perforated spoon and stir until mixture is stiff enough for bread board. Knead well, work out into four loaves. Set to rise until light (about 45 minutes). Bake as you would any bread. See General Rules for Baking.

RECIPE 1012. BOSTON BROWN BREAD.

1 cup rye meal $\frac{3}{4}$ tablespoon soda
1 cup graham flour 2 cups sour milk, or
1 cup granulated 1 $\frac{3}{4}$ cups sweet milk
 corn meal $\frac{3}{4}$ cup molasses

Add the soda to molasses, then stir in milk. Mix dry ingredients together and add to them the liquids. Stir until well mixed. Grease either some one-pound baking powder cans or a five-pound lard bucket. Grease lids also. Turn dough in, but do not fill cans over two-thirds full, as dough will rise to the top. Place the vessels containing the dough into a deep kettle, half full of boiling water. Let them steam about three and a half hours. Keep the vessels surrounded by the boiling water about half way up all the time and add water as needed to keep it at this height. Fine when cooked three hours in fireless cooker.

RECIPE 1013. BAKED BROWN BREAD.

1 cup molasses 1 $\frac{3}{4}$ teaspoons soda
3 cups buttermilk or $\frac{1}{2}$ teaspoon salt
 sour milk 2 cups bread flour
2 eggs About 5 cups graham
 flour

Mix in order given, diluting the soda in a tablespoon of hot water. Enough graham flour should be added to make a stiff batter. Bake in pound-size coffee cans for

an hour, filling them two-thirds full. This makes three loaves.

RECIPE 1013B. POTATO BREAD.

1 yeast cake	3 tablespoons shortening
$\frac{1}{2}$ cup tepid water	$\frac{1}{4}$ cup sugar
1 medium sized potato	3 tablespoons salt
boiled	5 to 6 quarts sifted
$1\frac{1}{2}$ pints potato water	flour
Makes 5 or 6 loaves	

Dissolve yeast cake in tepid water. Let it stand in this while you boil one potato until soft, then mash it well and add it again to water in which it boiled. Have one and one-half pints of this water, which with the yeast water will make two quarts of liquid. When potato is mashed add the shortening, salt, sugar; stir well until all are mixed and the shortening is melted. When the potato water has become tepid add yeast water. Now gradually add sifted flour. If you have a Universal Mixer, put mixture all into the mixer and stir until dough forms a ball and leaves sides of the mixer. Cover it over with tin lid and let it stand until dough has doubled in size. It will rise more slowly in winter than in summer. See Recipe 996 for kneading, shaping and baking bread.

If Parker House Rolls are desired take one-fifth of the dough and set it away in a cool place within an hour of wanting them. See Recipe 997 for shaping and baking rolls.

Bread set at night should be baked and out of the oven by 10 o'clock the next morning. If the sponge is set about 8 o'clock in the morning the bread should be baked and out of the oven about 4 p. m.

RECIPE 1015. FRENCH ROLLS.

Scald 1 quart milk	$\frac{1}{4}$ cup sugar
with	Soak 1 cake com-
1 tablespoon salt	pressed yeast in
2 tablespoons butter	$\frac{1}{4}$ cup luke warm water

When milk has grown luke warm take one and one-half pints compressed yeast dissolved in luke warm water. Stir in enough flour to make a batter; beat well, cover and set in a warm place until very light. Now add the other half pint of luke warm milk and go on adding flour until you have a dough stiff enough to knead. Knead this thoroughly for twenty minutes, put back in bowl and when it has doubled its bulk, roll it out carefully in long narrow strips. Cut in pieces about four

inches long, put in a pan so they will not touch each other; cover, and when very light, bake in a quick oven fifteen minutes. French roll pans can be purchased at any good hardware store, and are to be preferred.

RECIPE 1016. GLUTEN BREAD.

1 cake compressed yeast	1 tablespoon shortening
1 cup milk, scalded and cooled	melted
1 cup luke warm water	3 cups gluten flour
1 tablespoon sugar	1 teaspoon salt

Dissolve yeast and sugar in luke warm liquid. Add shortening, then flour gradually, and salt. Knead thoroughly until smooth and elastic. Place in well-greased bowl. Cover and set aside in a warm place, free from draft, to rise until light, which should be in about two hours. Mold into loaves, place in greased pans, filling them half full. Cover, let rise again, and when double in bulk, which should be in about one hour, bake in moderate oven forty-five minutes.

This will make two one-pound loaves.

For diet use all water and omit shortening and sugar.

RECIPE 1017. RAISED CINNAMON ROLLS.

1 cup sugar	1 cake compressed yeast
3 tablespoons butter	1 pint milk
Flour	

Dissolve compressed yeast in one pint of luke warm milk; add flour to make sponge; let rise until it begins to drop. Rub together butter and sugar; add this to sponge with a cup of warm milk. Now add flour to make enough dough as soft as can be handled; roll out about one inch thick, spread thickly with butter, sugar and cinnamon. Roll as for jelly cake and cut off pieces from end of dough. Put in pan cut side down so they will not touch each other, let raise for one-half hour, then bake in moderate oven twenty minutes.

RECIPE 1018. ENGLISH MUFFINS.

1 pint milk	1 compressed yeast cake
2 tablespoons shortening	1 teaspoon salt
1 ½ pints flour	

Scald the milk, add the shortening and salt and when luke warm add yeast, moistened, and flour. Beat thoroughly, cover and stand in a warm place three and a half hours. Put two spoons of this mixture into greased

muffin rings on a greased griddle. When baked slightly on one side, turn with a cake turner, ring and all, and bake carefully on the other side.

RECIPE 1019. CRUMPETS.

See Recipe 1018.

RECIPE 1020. CURRANT TEA RING.

1 cake compressed yeast	3 cups sifted flour
$\frac{1}{2}$ cup milk, scalded and cooled	3 tablespoons shortening
$\frac{1}{2}$ cup luke warm water	$\frac{1}{4}$ cup sugar
1 tablespoon sugar	2 eggs
	$\frac{1}{2}$ teaspoon salt

Dissolve yeast and one tablespoon sugar in luke warm liquid. Add three cups of flour and beat until smooth. Add shortening and sugar, thoroughly creamed, and eggs beaten until light, flour gradually, enough to make a moderately soft dough, and the salt. Turn on board, knead lightly. Place in greased bowl. Cover and set aside in a warm place to rise, for about two hours, or until dough has doubled in bulk. Roll out in oblong piece, one-fourth inch thick. Brush with melted shortening. Sprinkle with sugar, currants and cinnamon. Roll up lengthwise and place in a circle on a large, shallow greased pan or baking sheet. With scissors cut three-fourth inch slices, almost through. Turn each slice partly on its side, pointing away from center. This should give the effect of a many-pointed star, and show the different layers with the filling. Cover and let rise one hour, or until light, and bake twenty-five minutes. Just before putting in oven, glaze with egg, diluted with milk. Ice while hot with plain frosting.

This recipe will make one large or two small rings. Half this recipe for small family.

RECIPE 1021. HOT CROSS BUNS.

1 cake compressed yeast	$\frac{1}{4}$ cup shortening
1 cup milk, scalded and cooled	$\frac{1}{2}$ cup sugar
1 tablespoon sugar	1 egg
$3\frac{1}{4}$ cups sifted flour	$\frac{1}{4}$ cup raisins or currants
	$\frac{1}{4}$ teaspoon salt

Dissolve yeast and one tablespoon sugar in luke warm milk. Add one and one-half cups flour, to make sponge. Beat until smooth, cover and let rise until light, in warm place, free from draft—about one hour. Add butter and sugar creamed, egg well beaten, raisins

or currants, which have been floured, rest of flour, or enough to make a moderately soft dough, and salt. Turn on board, knead lightly, place in greased bowl. Cover and set aside in warm place, until double in bulk, which should be in about two hours. Shape with hand into medium-sized round buns, place in well-greased, shallow pans about two inches apart. Cover and let rise again—about one hour, or until light. Glaze with egg diluted with water. With sharp knife cut a cross on top of each. Bake twenty minutes. Just before removing from oven, brush with sugar moistened with water. While hot, fill cross with plain frosting.

Half this recipe for small family.

RECIPE 1022. GERMAN COFFEE CAKE.

Bund Kuchen.

1 ½ cakes compressed yeast	1 cup sugar
1 cup milk, scalded and cooled	⅛ teaspoon mace
1 tablespoon sugar	1 ½ cups mixed fruit— citron, raisins, currants in equal parts
3 cups sifted flour	¼ teaspoon salt
½ cup shortening	3 eggs

Dissolve yeast and one tablespoon sugar in the luke warm milk, add one and one-half cups of flour. Beat well. Cover and set aside, in a warm place, to rise one hour, or until light. Add to this the butter and sugar creamed, the mace, the fruit which has been floured, the balance of the flour, or enough to make a good cake batter, the salt, and eggs well-beaten. Beat for ten minutes. Pour into well-buttered molds, filling them about half full, cover and let rise until molds are nearly full, then bake in a moderate oven. If made into two cakes, they should bake forty-five minutes; one large cake should bake one hour.

Half this recipe for small family.

RECIPE 1023. APPLE CAKE.

Apfel Kuchen.

1 ½ cakes compressed yeast	3 ½ cups sifted flour
1 cup milk, scalded and cooled	¼ cup shortening
1 tablespoon sugar	½ cup sugar
	2 eggs
	¼ teaspoon salt
	5 apples

Dissolve yeast and one tablespoon sugar in luke warm milk, add one and one-half cups flour to make a sponge, and beat until smooth. Cover and set aside in a

warm place until light—about three-quarters of an hour. Have sugar and butter well creamed, add to sponge. Then add eggs well beaten, rest of flour, or enough to make a soft dough, and salt. Knead lightly. Place in well-greased bowl. Cover and set aside to rise—about two hours. Roll half an inch thick. Place in two well-greased, shallow pans. Brush with butter, sprinkle with sugar. Cut apples in eighths and press into dough, sharp edge downward. Sprinkle with cinnamon. Cover and let rise about one-half hour. Bake twenty minutes. Keep covered with pan first ten minutes, in order that the apples may be thoroughly cooked.

Half this recipe for a small family.

RECIPE 1023B. GENERAL RULES FOR BAKING POWDER BISCUITS.

Many cooks never make good biscuits, yet they are delicious if properly prepared. Flours vary, therefore the amount of milk or water must also vary, but have the dough soft and moist. Sift dry ingredients well together (two or three times is better than only once). Melt the shortening and add to milk. If an egg is used, beat it until creamy, and add to dry ingredients, alternately with the milk and shortening. If biscuits are cut too large they do not bake well to center before the biscuit browns. The bottom of a $\frac{1}{4}$ -pound baking powder can (with a hole punched in end) makes biscuit an ideal size. Place close together in slightly greased pan. Spread lightly with a little melted shortening. After cutting biscuits and putting them in pan, let them stand about five minutes over a gentle heat before putting in oven; this is long enough if cream of tartar baking powders are used. In using phosphate powders let biscuits stand 15 to 20 minutes before baking. Bake about 15 minutes in hot oven.

RECIPE 1024. BAKING POWDER BISCUITS.

Makes twelve.

1 cup flour	$\frac{1}{4}$ teaspoon salt
1 teaspoon baking powder	1 tablespoon shortening
	$\frac{1}{2}$ cup sweet milk

See General Rules for Mixing and Baking.

RECIPE 1025. SOUTHERN BISCUIT (FOR TWO).

1 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup milk
1 $\frac{1}{2}$ teaspoons baking powder	4 teaspoons shortening
$\frac{1}{2}$ teaspoon salt	1 egg
1 teaspoon sugar	

See General Rules for Mixing and Baking Biscuits.

RECIPE 1026. BISCUIT COFFEE CAKE (FOR TWO).

Make Recipe 1025 and roll out one inch thick. Sprinkle with one cup chopped dates, almonds, figs, mixed together. Roll little thinner, sprinkle with granulated sugar. Lay on greased shallow pan, bake in hot oven. Break in squares, serve hot.

RECIPE 1027. SANDWICH BISCUITS.

Make Recipe 1024. Roll the dough thin, like pie crust, cut, spread half the rounds with butter, add a filling of seasoned, finely ground, cooked ham, then lay on the covers and bake.

RECIPE 1028. MARMALADE BISCUITS.

Sift together

1 cup flour	Beat 1 egg creamy
$\frac{1}{4}$ teaspoon salt	$\frac{1}{3}$ cup sweet milk
1 teaspoon baking powder	

Add milk and egg alternately to dry ingredients. No shortening is used. Knead the dough lightly and roll thinner than biscuits are usually made. Cut the rounds with a cooky cutter or the open end of a pound baking powder can. From half of the rounds remove the centers with a smaller cutter. Spread the whole rounds with melted butter, lay one of the dough rings on each and fill the centers with any stiff marmalade before baking.

RECIPE 1029. HOT CROSS BISCUITS FOR TWO.

1 cup flour	1 egg
$\frac{1}{4}$ teaspoon salt	2 tablespoons currants
1 teaspoon baking powder	1 teaspoon chopped citron
$\frac{1}{4}$ teaspoon each, cinnamon, nutmeg	$\frac{1}{4}$ cup sweet milk
	1 tablespoon melted butter

Sift dry ingredients, add currants and citron. Beat egg creamy. Melt butter and add to milk. Add milk and shortening alternately with egg. Flours vary, so use just enough milk to make a rather firm dough. Roll an inch thick, cut in large rounds, cut two gashes at right angles across the top of each, and moisten the tops with milk before baking. Some cooks like to fill the cross cuts with sugar.

RECIPE 1030. NUT "DROP" BISCUITS FOR TWO.

Sift together

1 cup flour	Melt 2 teaspoons
$\frac{1}{4}$ teaspoon salt	butter and add to
1 teaspoon baking powder	$\frac{1}{2}$ cup milk
	$\frac{1}{4}$ cup chopped nuts

Add $\frac{1}{4}$ cup of chopped nuts to dry ingredients, add milk and butter slowly. Flours vary in strength; add enough milk to make a thick batter. Drop the dough from a spoon onto well greased pan, leave an inch apart so that "Drops" have room to swell.

RECIPE 1031. ENGLISH SWEET BUNS.

Use Recipe 1025 for dough and add one tablespoon candied peel (orange, lemon, citron, etc.), grated rind of $\frac{1}{4}$ lemon, grated rind of $\frac{1}{4}$ orange. Mix flour, salt, sugar and baking powder together and sift three times. Add the well beaten egg, saving out one tablespoon of egg to paint the buns with. Add milk and shortening slowly, then add the candied peel, cut in small pieces, also grated lemon and orange rind. Mix well, place in well buttered tins. Add one teaspoon cold milk to the one tablespoon egg saved from the buns and paint them over well. Bake in hot oven one-quarter hour. Serve hot.

RECIPE 1032. CLOVER BISCUITS.

Use recipe 1024 for biscuit dough. Cut into rounds an inch in diameter. You can use the center of round loaf cake pan, inverted, as a cutter. Place the tiny rounds in threes in greased gem cake pans and glaze the tops with egg yolk mixed with a little water. When baked, the group of three from each mold will come out in clover leaf shape.

RECIPE 1033. BISCUIT BRAIDS.

Make biscuit dough, Recipe 1025. To one-third of the dough add grated chocolate and spices to darken. Cut dough into narrow strips and braid two white strips with one dark one. Twist ends of each braid carefully. Moistening them with white of egg makes the ends stick together better. Instead of making individual braids, you can, if you prefer, make one long braid and bake it coiled in a wreath around a cup set upon a baking sheet, or you can use a round cake pan.

RECIPE 1034. SWEET POTATO BISCUIT.

Put 1 cup of boiled mashed sweet potatoes into a basin, add one tablespoon of sugar and one tablespoon of

melted butter. Dissolve half a teaspoon of baking soda in 1 cup of buttermilk, then add 2 cups of sifted flour and one teaspoon of salt. Mix, roll out, cut with a small biscuit cutter and bake in a quick oven.

RECIPE 1035. DATE TRIANGLES.

Make Recipe 1025 for biscuit dough. Add $\frac{1}{2}$ cup chopped dates to the dough. Roll thin, cut into three-inch squares, then cut each square into two triangles. Glaze with sugar and milk before baking. If pastry flour is substituted for bread flour, they will be particularly delicate. As pastry flour packs more than bread flour, it should be sifted several times.

RECIPE 1036. SALAD STICKS.

Make Recipe 1024 for biscuit dough. Cut your dough into finger-shaped strips, leaving a little space between "fingers" as they bake. When nearly done, remove from the oven, spread quickly with melted butter and grated cheese, sprinkle lightly with salt and paprika, return to oven to brown. These are nice to serve hot with salad. If the cheese were spread on at first, it would be overcooked.

RECIPE 1037. DATE STICKS.

Beat together one cup of sugar, three eggs that have been whipped until light, one cup of flour, one teaspoon of baking powder, two teaspoons of vanilla, one cup of chopped dates and one cup of chopped English walnuts. Spread the mixture thinly over the bottom of shallow pans and bake quite brown in a moderate oven. When the mixture is baked cut it into sticks of any desired size and roll them while warm in powdered sugar. Or may be cut into squares and served with whipped cream. This makes a delicious dessert.

RECIPE 1038. QUICK COFFEE CAKE FOR TWO.

Make Recipe 1025 for dough. To this dough add $\frac{1}{4}$ cup currants, $\frac{1}{4}$ cup chopped raisins. Turn into a well greased biscuit pan and bake in a moderate oven from twenty to thirty minutes, according to the depth of the pan. If the cake is baked in a small, deep pan it will take longer to cook than if a larger and shallower pan is selected. Sprinkle powdered sugar and cinnamon over the top of the cake when serving, or, if to be used cold, make a thin sugar and water icing and spread this over the cake when it is cool.

RECIPE 1039. DUTCH APPLE OR PEACH CAKE.

Make Recipe 1025 for dough. Flours vary, add enough milk for a very thick batter. Spread dough 1 inch deep in greased shallow tin; have ready several pared, cored and sliced apples or peaches. Press points into dough, sprinkle thickly with sugar mixed with little cinnamon. Bake in hot oven.

RECIPE 1040. BEATEN BISCUIT.

2 cups flour	1 cup milk or water, or
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup of each
1 tablespoon shortening	

When the flour and salt have been sifted together rub in the shortening until thoroughly incorporated. Mix these with the liquid, having the dough rather stiff. Turn it onto a lightly floured board, and beat with a rolling pin until the dough becomes perfectly smooth and small bubbles or blisters form, about 15 minutes. Roll thinly, cut into biscuits and prick with a fork. Bake in a moderate oven until the biscuits are a delicate brown color. This will take about fifteen minutes. The edges of the biscuit should crack slightly during the baking and the centers should be very fine grained and pure white in color.

RECIPE 1041. SKON BREAD.

Make 1024 dough. Heat cake griddle or an iron frying pan. Grease very lightly. Roll the biscuit dough one-fourth of an inch thick and about the size of a breakfast plate. Put it on griddle and bake one or two minutes, then turn with a knife or pancake turner and cook on other side for a minute or two, just until dough is cooked through. Serve at once very hot. This makes a fine emergency bread for camping parties without bake ovens. Can be cooked over a camp fire in a long-handled frying pan. Fried bacon grease can be used for shortening. Allow about two teaspoons bacon grease for each cup of flour. This recipe will make two "Skons." Do not roll it too thick or it will burn before dough is cooked to center.

RECIPE 1042. WAFFLES.

1 pint milk or cream	3 tablespoons melted
2 or 3 eggs	butter
$\frac{1}{4}$ teaspoon salt	4 level teaspoons bak-
2 cups flour	ing powder

Beat the eggs separately, having whites beaten to a very stiff froth. Add yolks to milk. Sift flour and bak-

ing powder together into the milk, and last fold in whites of eggs. If sour milk is used, and it really makes the best waffles, use also a half teaspoon of baking soda, but use the baking powder just the same. If milk is not very sour, use one-fourth teaspoon soda only.

RECIPE 1043. GRIDDLE CAKES.

Make the same dough as in Waffles, only bake the cakes on a griddle.

RECIPE 1044. WHEAT MUFFINS.

Use same dough as in Waffles, only bake dough in well-buttered muffin rings, in a hot oven about fifteen minutes.

RECIPE 1045. LEFT-OVER CEREAL FRUIT MUFFINS.

$\frac{1}{2}$ cup cold cooked cereal	4 teaspoons butter
$\frac{3}{4}$ cup flour	2 teaspoons sugar
1 teaspoon baking powder	1 egg
$\frac{1}{4}$ teaspoon salt	$\frac{1}{3}$ cup milk
	$\frac{1}{3}$ cup dates or figs

When flour, salt and baking powder have been sifted together, rub the butter in lightly with tips of the fingers; add fruit, floured and coarsely chopped; then cereal and sugar. Mix to a light dough with well-beaten eggs and milk. Have dough quite a little stiffer than is usual for muffins, in view of the fact that it is partly composed of cooked cereal, which has already absorbed all the moisture that it is capable of taking up, and if the muffin batter should be made as soft as where all dry flour is used, the muffins would be sticky when baked.

RECIPE 1046. SOUTHERN RICE BREAD.

1 cup white corn meal	1 tablespoon shortening
1 egg	$\frac{1}{4}$ teaspoon salt
$\frac{2}{3}$ cup milk	2 teaspoons baking powder
$\frac{1}{2}$ cup cold boiled rice	

Beat the egg until light without separating; add the milk, meal, salt, rice and melted shortening. Beat thoroughly for two minutes, add baking powder and mix again. Grease deep pie dish, turn in the mixture and bake in a hot oven thirty minutes.

RECIPE 1047. FRUIT MUFFINS.

Make 1042. To it add one cup currants or blueberries. If desired a little sweet add one-fourth cup sugar.

RECIPE 1048. PUMPKIN MUFFINS.

2 cups flour	2 eggs
$\frac{1}{2}$ teaspoon salt	1 cup cooked sifted pumpkin
2 teaspoons baking powder	$\frac{1}{4}$ cup melted butter
	$\frac{2}{3}$ cup of milk

Sift together all dry ingredients; beat eggs lightly and add to them the milk and the pumpkin; use the liquid to moisten the muffins. Melt the butter and pour it into the mixture. Beat very thoroughly, turn into hot greased pans, and bake about 20 minutes in a hot oven.

RECIPE 1049. PUMPKIN WAFFLES.

$1\frac{1}{2}$ cups flour	1 cup pumpkin pulp
$\frac{1}{2}$ teaspoon salt	2 tablespoons melted butter
2 teaspoons baking powder	1 level teaspoon ground ginger
2 eggs	
1 cup milk	

Sift together flour, salt, baking powder and ginger. Beat the eggs until quite light, add milk to them, also the pumpkin pulp. Add these to the dry ingredients, beating and mixing thoroughly, so as to make a smooth batter. Melt and add the butter last of all; then bake just the same as ordinary waffles.

RECIPE 1050. RICE OR HOMINY GRIDDLE CAKES, WAFFLES OR MUFFINS.

To Recipe 1042 add one cup cold boiled rice or hominy grits.

RECIPE 1051. DATE WAFFLES.

To Recipe 1042 add one cup stoned dates, chopped through grinder.

RECIPE 1052. GRAHAM GEMS.

1 cup sour milk	$1\frac{1}{4}$ cup graham flour
1 egg	$\frac{3}{4}$ teaspoon baking soda
1 teaspoon salt	$\frac{3}{4}$ cup molasses

Add soda, molasses and salt to the milk, sift in the flour. Stir well and pour into well-buttered iron gem pans.

RECIPE 1053. POPOVERS.

1 cup sweet milk	$\frac{1}{4}$ teaspoon salt
3 eggs	$\frac{1}{2}$ teaspoon cream of tartar
1 cup flour	

Beat yolks until creamy. Beat whites about half done, then add to them the cream of tartar, beat until very dry. Add yolks to milk and salt, then add flour, and last fold in beaten whites of eggs. Put one-fourth teaspoon of butter in bottom of each muffin pan (iron gem pans are best). Bake in a hot oven about fifteen to twenty minutes. Serve at once.

RECIPE 1054. CORN MEAL PARKER HOUSE BISCUIT.

1 cup flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup corn meal	1 tablespoon butter
1 teaspoon sugar	1 egg
2 teaspoons baking powder	$\frac{1}{2}$ cup milk or water

See rules for mixing Baking Powder Biscuits.

RECIPE 1055. ST. CHARLES CORN BREAD FOR TWO.

Sift together	Then beat together
1 cup yellow corn meal	1 tablespoon melted butter
$\frac{1}{2}$ teaspoon salt	1 egg
1 teaspoon baking powder	1 cup milk

Add liquids to dry ingredients and beat hard for two minutes. Pour into well greased, shallow pan and bake in moderate oven twenty-five minutes.

RECIPE 1056. CORN PUFFS FOR TWO.

$\frac{3}{4}$ cup corn meal	2 tablespoons sugar
$\frac{3}{4}$ cup white flour	1 egg
$\frac{1}{4}$ teaspoon salt	$\frac{3}{4}$ cup sweet milk
1 teaspoon baking powder	

Sift together dry ingredients, then add the yolk of the egg lightly beaten, and the milk. When these are thoroughly beaten in, add the butter, melted but not heated any more than is absolutely necessary. Last of all, fold in the stiffly beaten white of egg and bake the puffs in small, greased gem pans in a hot oven.

RECIPE 1057. SOUTHERN SPOON CORN BREAD.

One-half cup corn meal, one cup cold cooked rice, one tablespoon butter, one-half teaspoon salt, one egg

well beaten, one teaspoon baking powder, three-fourths cup milk. Wet corn meal with boiling water and stir until the consistency of mush. Add rice, butter and salt and let stand over night or several hours during the day. Then add egg and milk. Sift baking powder into mixture. Beat well and pour into a well-buttered, shallow pudding dish and bake thirty-five minutes in a moderate oven. Dot over top with small bits of butter when almost done. Serve with a spoon.

RECIPE 1058. EGG BREAD.

1 pint boiling water	1 tablespoon lard
1 cup corn meal	1 cup milk
1 teaspoon salt	2 eggs

Place the boiling water in a mixing bowl and sift the corn meal into it, stirring all the time. Next add the salt and the lard, then the milk and, last of all, the eggs very thoroughly beaten. Turn into a well-greased baking pan and bake in a quick oven. Serve piping hot and butter the bread generously.

RECIPE 1059. OLD FASHIONED JOHNNY CAKE.

1 cup flour	1 1/2 teaspoons salt
1 cup yellow corn meal	2 teaspoons baking powder
1/4 cup sugar	
1 tablespoon melted shortening	1 egg well beaten
	1 cup milk

Beat all well together, pour into greased pan. Bake in moderate oven twenty-five minutes.

RECIPE 1060. DUMPLINGS FOR MEAT STEWS.

2 cups flour	1/2 teaspoon salt
3 level teaspoons baking powder	1 egg (beaten well)
	1/2 cup cold water

Sift dry ingredients together, beat egg thick and light, add one-half cup of cold water, stir this into the dry mixture and enough more water to make a dough stiff enough to hold its shape when dropped from the spoon. Drop the dumplings on a plate a little distance apart and cook in a closely covered steamer for fifteen minutes; or, drop them on top of the boiling stew and cook for the same length of time. The secret of having them light and tender lies in their not being disturbed while cooking, and in not having much liquid around them, if cooked on top of the stew.

RECIPE 1061. POTATO DUMPLINGS.

Grate or put through vegetable press about six medium-sized cold boiled potatoes, add a little salt, one egg and one cup flour, mix thoroughly (if necessary add a little more flour in handling). Take a little at a time, roll in palm of hands either lengthwise or into balls and drop into boiling salted water. Skim out when they come to the top and let drain. Pour over them cracker crumbs browned in butter.

RECIPE 1062. DUMPLINGS FOR SOUP.

One cup flour, $\frac{1}{4}$ teaspoon salt, 1 teaspoon baking powder, sifted together. Add $\frac{1}{3}$ cup finely chopped suet, and enough milk to make stiff dough. Make into dumplings size of marbles, drop into soup, cover, and boil 10 minutes.

RECIPE 1063. MRS. W'S MARROW BALLS FOR SOUPS.

Take the marrow size of an egg from a soup bone, crush it with a fork, add 1 tablespoon chopped parsley, 1 egg, salt, pepper to taste, a scant teaspoon cream.

Take enough bread crumbs to make into soft mass. Shape into balls, set away to cool. Cook about ten minutes in boiling stock or soup.

CHAPTER XXIV

Helpful Hints.

TIME TABLE FOR COOKING.

Biscuits and rolls.....	10 to 20 minutes
Bread	40 to 60 minutes
Roast Beef—rare.....	15 minutes to the pound
Roast Beef—well done.....	20 minutes to the pound
Cake—Layer	10 to 15 minutes
Cake—Solid	40 to 60 minutes
Cake—Fruit	2 to 4 hours
Ducks—Domestic	1 to 2 hours
Ducks—Wild	30 to 40 minutes
Roast Lamb—rare	15 minutes to the pound
Roast Lamb—well done	20 minutes to the pound
Roast Pork—always well done..	20 minutes to the pound
Roast Veal—always well done..	20 minutes to the pound
Roast Turkey—always well done.	20 minutes to the pound

Roast Chicken—always well done.	20 minutes to the pound
Baked Fish—large	10 minutes to the pound
Fried Fish—small	5 to 15 minutes
Popovers	20 minutes
Cream Puffs	20 to 25 minutes

WEIGHTS AND MEASURES.

60 drops	equals 1 teaspoonful.
3 teaspoonsful	equals 1 tablespoonful.
4 tablespoonsful	equals $\frac{1}{4}$ cupful.
8 rounded tablespoonsful	dry ingredients equals 1 cupful.
16 tablespoonsful	liquid equals 1 cupful.
2 cupsful	equals 1 pint.
2 cupsful	butter equals 1 pound.
2 cupsful	granulated sugar equals 1 pound.
2 cupsful	chopped meat equals 1 pound.
$2\frac{2}{3}$ cupsful	powdered sugar equals 1 pound.
$3\frac{1}{2}$ cupsful	confectioner's sugar equals 1 pound.
4 cupsful	flour equals 1 pound or 1 quart.
2 tablespoonsful	nuts, citron, raisins, currants or butter equals 1 ounce.
1 pint	equals 1 pound.

TABLE OF PROPORTIONS.

1 level teaspoonful	to 1 cupful flour.
1 level teaspoonful	cream of tartar to 1 cupful flour.
$\frac{1}{2}$ teaspoonful	soda to one cupful flour.
1 teaspoonful	soda to 1 cupful molasses.
1 heaping tablespoonful	cornstarch to 1 pint of milk.
1 envelope	of granulated gelatine to 1 quart of liquid.

HELPFUL HINTS.

To freshen the atmosphere in a room put a few drops of oil of lavender in a bowl and add a pint of boiling water to it.

Celery should be thrown into slightly salted ice water before using. This will make it crisp.

Flowers should be put into a vase which has a little charcoal in it. The charcoal sinks to the bottom of the vase while the water remains clear. The flowers will remain fresh for several days.

Every household should have a bottle of linseed oil and lime water for instant application in case of burns. Dip a piece of absorbent cotton in it and apply to the burn and bandage it on.

Two pounds of alum dissolved in 3 quarts boiling water will make a solution which if applied to all cracks or crevices will drive away all bedbugs, roaches and ants.

MY FAVORITE HAND LOTION.

Once Tried You Will Never be Without it.

Equal parts of glycerine, bay rum, ammonia and lemon juice. Druggists usually fill this prescription, putting up sixteen ounces for 35 cents. Use full strength on hands when retiring; rub it in well. Keep an extra bottle near the kitchen sink and use it after any work which is hard on the hands, but when using it in the daytime dilute it a trifle as it is slightly sticky.

Chloride of lime sprinkled freely in the cellar will drive away rats and mice. Repeat the operation every three or four months.

If you put an apple into the cake box it will keep the cake fresh.

Grease spots on the floor should be moistened with soda and cold water before scrubbing.

Cucumber peelings will frequently drive away roaches.

Screen doors brushed with kerosene will help keep out the flies.

Fruit should be rolled in a little flour before adding it to cake. This will keep it from sinking to the bottom of the cake.

In making fruit gelatine, stir it two or three times after it begins to harden. The fruit will not all settle on top if this is done.

The yolks of eggs which are left over to be used another day should be covered with a little cold water. This prevents a crust forming.

If a can of pimientos is opened and all are not used, put the balance into a jelly glass and cover with parafine until ready to use.

If a drawer sticks rub it with lard or soap.

In newly finished bungalows the pitch in the wood may ooze out, making the stained woodwork sticky. This may be removed by applying a cloth wet in diluted vinegar:

A teaspoon of butter added to frosting keeps it from drying out.

In making boiled icing, if the syrup is removed from fire and poured over the eggs before the syrup is quite done, it is found that it will not harden. When well beaten put it into the double boiler for four or five minutes, without stirring. It will then be found to spread nicely.

When washing mirrors or window panes, put a few drops of household ammonia on a piece of soft paper and every finger mark will vanish.

Salt rubbed on egg stains on silver will remove them.

Dry all bread crusts in oven and use for deep fat frying. When crusts are perfectly dry put them through the finest tooth meat grinder and then put away in jars. If weather is very damp dry them out in the oven occasionally so they will not mould. Bread crumbs are better than cracker crumbs for deep fat frying because they do not absorb the fat so readily.

Cracker crumbs are best for the layers in most of the scalloped dishes. The top layer of either bread or cracker crumbs should be lightly buttered. This is easily done by melting a little fat in a frying pan and adding the crumbs to it and stirring well. These may be kept in this way several days in a cool place.

Make enough pie dough for several days. It is all the better for standing in a cool place.

Parafine wax is preferable for oiling the cake pans. Keep a piece handy, warm the pans slightly and rub with the wax.

When the lettuce comes from the garden or market it should be looked over, washed thoroughly and placed in a clean wet cloth. Lay it on the ice. It should be looked at each morning, but will keep a week and is all ready for use without further washing. Lettuce must be perfectly dry before adding it to a salad or before pouring salad dressing over it.

In making a rice pudding, boil the raisins in water for ten minutes before adding them to the milk and they will never curdle the milk.

Never serve tea when you have fish. The tannic acid in the tea makes the fish very hard to digest.

Copper may be easily brightened by rubbing it with a flannel cloth dipped in powdered borax and then well soaped, then applied briskly to the copper.

When measuring out molasses first dip the cup thoroughly in flour. The molasses will then run out readily.

When preparing celery for the table take lower end of root and coarse outer stalks with unbleached leaves, trim and scrub well, then lay on paper on pantry shelf or in cool cupboard and dry. Can be used to flavor soups, scalloped potatoes, etc., when fresh celery is not available.

To drive away moths; wet little wads of cotton batting with oil of cedar and place them in the closets and drawers.

To take the printing from flour sacks, saturate sack in kerosene and roll tightly for an hour or more, then wash sack in warm soap suds and rinse.

If you wish your hydranga to be blue, instead of pink, put it in a zinc tub, or put nails or iron close to the roots.

How to tell how much ice the iceman leaves. Buy a cheap spring scale that will weigh from 1 to 50 lbs. Hang it by the ice box and when the iceman makes a delivery, tie a strong piece of wrapping twine around the piece of ice and insert the hook of the scale and weigh. You will be surprised how a 10-lb. piece will shrink to 7 or 8 pounds, or a 25 to 20 pounds.

To remove ink stains, place article over a bowl, cover stain with borax, wet borax thoroughly with peroxide, using plenty of peroxide, and stain will almost immediately disappear.

When making jelly, instead of using parafine to seal it, I wait until jelly is cold, then take a teaspoon of sugar and sprinkle on evenly. The sugar will candy and with this aid the jelly will keep perfectly if a piece of paper is tied over the glass and the tin lid is adjusted.

If your crackers are limp crisp them in the oven before making a stuffing with them.

Every man ought to take a lesson on carving.

Dredge your lamb with flour before you sear it.

If the citron is hard to cut, put it into a warm oven for two or three minutes. It will then cut easily.

If the paper which comes around raisins and currants is inclined to stick to them, put the package into a warm oven for a minute or two and paper will readily come off.

Do not scrape the agate vessels to remove the scorched contents. Keep a can of concentrated lye in the kitchen and when a vessel becomes scorched put in a little lye, cover with an inch of water, let it come slowly to the simmer, and remain cooking very slowly for about five minutes. Pour off the lye water and the scorch will come off easily.

When the recipe calls for the cake pans to be greased, just before putting in the cake dough shake a little flour into the pan and then shake out all that will come out. This flouring process assists the cake to come out easily and leaves a nice smooth surface on which to put the frosting.

Plum puddings can be cooked in the double boiler without fear of their burning.

When waffle iron is new, fill it full to running over with melted lard. Let it stand over night. In the morning burn off this lard and fill it with fresh lard and let stand another day. It is then ready for use. Do not wash the waffle iron. Simply wipe it clean from day to day.

Put patty shells in the oven to get crisp before using them.

To clean a clogged drain pipe, before sending for the plumber, pour a cupful kerosene down the pipe and immediately pour after it a kettle of boiling water.

If a dress becomes stained with lemon juice, put some ammonia water on the spot. It will frequently restore the color.

Scraped raw potatoes applied at once to a burn will give relief. It is said that if peroxide of hydrogen is applied at once to a burn there will be no blister.

Keep a pair of shears over your kitchen table or some place close at hand. You need them to cut threads in trussing and for many other things.

Don't use mutton fat for anything. It tastes wooley. Use salt pork fat.

Be careful not to pierce the skin when you are searing a lamb or any other meat for that matter.

Cook dark meats rare and light meats well done.

SOUR CREAM ICING.

$\frac{2}{3}$ cup sour cream 2 cups granulated sugar
 $\frac{1}{2}$ teaspoon orange or vanilla extract

Combine sugar and cream and boil gently without stirring until it threads. Cool until tepid, add flavoring, and beat until creamy, when it can be spread quickly over the cake. This makes a cream-colored frosting.

COCOANUT PUFFS.

3 egg-whites 1 cup granulated sugar
 2 $\frac{1}{2}$ teaspoons corn-starch 2 cups shredded cocoanut
 1 teaspoon vanilla

Beat egg-whites stiff and beat in the corn-starch mixed with the sugar. Cook in a double boiler, stirring all the time, until thick around the edges, remove from heat, add cocoanut and vanilla, drop on buttered tins, and bake fifteen minutes in a slow oven.

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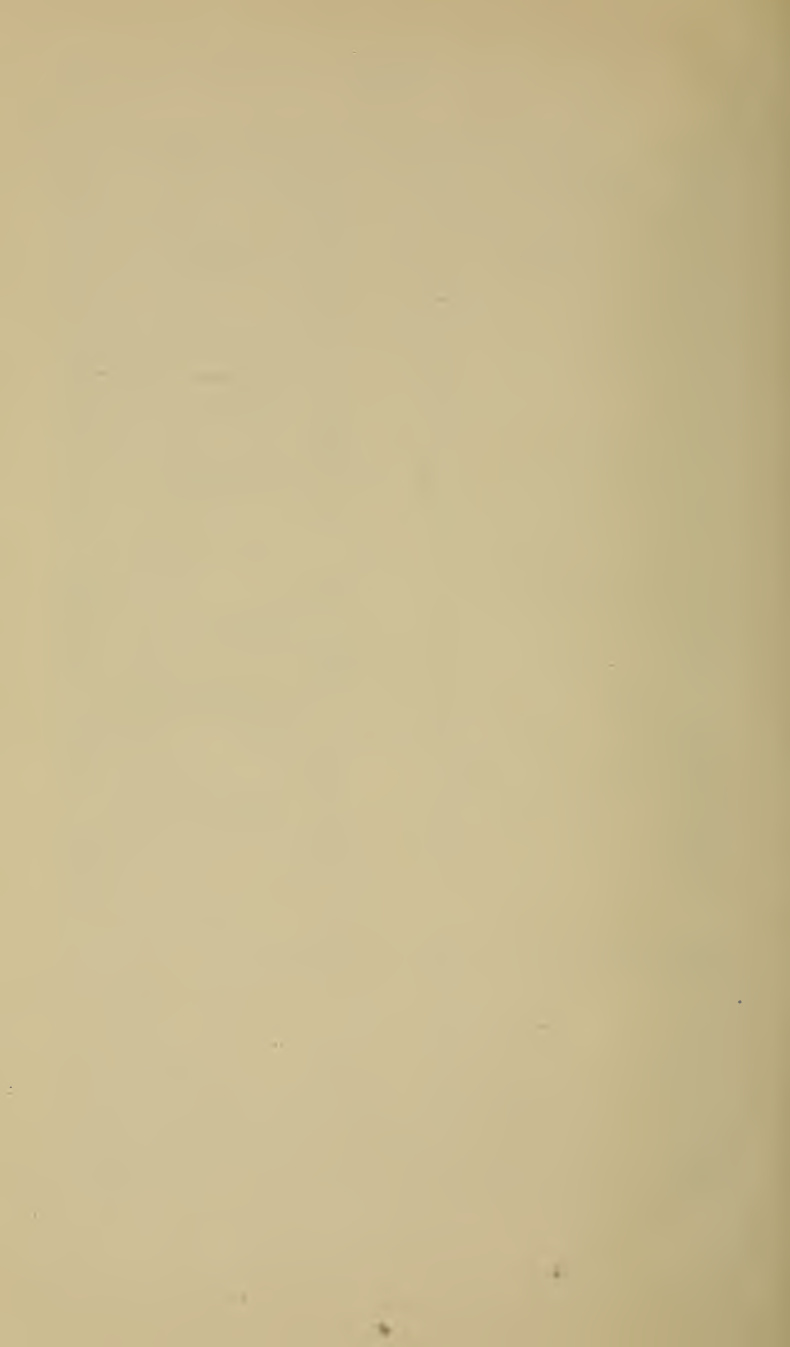
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